



# BAYOU JIU JITSU ACADEMY

## Class Schedule

Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>Kids (4-12)</b> 5:15PM- 6:15PM	<b>Kids (4-12)</b> 5:15PM- 6:15PM	<b>Adult No-Gi</b> 11:30AM- 1:00PM	<b>Kids (4-12)</b> 5:15PM- 6:15PM	<b>Kids (4-12)</b> 5:15PM- 6:15PM		<b>Open Mat</b> 12:00PM- 2:00PM
<b>Adult Basic Jiu Jitsu</b> 6:15PM 7:30PM	<b>Adult Basic Jiu Jitsu</b> 6:15PM 7:30PM	<b>Kids (4-12) No-Gi</b> 5:15PM- 6:15PM	<b>Adult Basic Jiu Jitsu</b> 6:15PM 7:30PM	<b>Adult Basic Jiu Jitsu</b> 6:15PM 7:30PM		
<b>Cardio Kickboxing</b> 7:30PM- 8:30PM	<b>Advanced Jiu Jitsu Open Mat</b> 7:30PM- Closed	<b>Adult Basic Jiu Jitsu No-Gi</b> 6:15PM- 7:30PM	<b>Advanced Jiu Jitsu Open Mat</b> 7:30PM- Closed	<b>Cardio Kickboxing</b> 7:30PM- 8:30PM		
		<b>Cardio Kickboxing</b> 7:30PM- 8:30PM				

<b>Kids Monthly Membership - \$120</b>	<b>Cardio Kickboxing - \$85 (Non-Member)</b>
<b>Adult Monthly Membership \$140</b>	<b>Cardio Kickboxing - \$50 (Member)</b>

\*Military active duty, veterans, police officers, and firefighters – Monthly Membership \$120

Private Lessons – Mon-Fri (6AM-8AM) / Sun (9AM-11AM)