

V.R.M.A Schedule Classes

Kids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						Invitational Competition
10:00am						Invitational Competition
11:00am						Jiu Jitsu No Gi Open Age
5:00pm		Wrestling (Ages 8 & older)		Wrestling (Ages 8 & older)		
5:00pm	Jiu Jitsu Gi (Ages 8-12)	Jiu Jitsu Gi (Ages 4-7)	Jiu Jitsu No Gi (Ages 8-12)	Jiu Jitsu No Gi (Ages 4-7)	Jiu Jitsu Gi (Ages 8-12)	
6:05pm	Jiu Jitsu Gi (Ages 4-7)	Jiu Jitsu Gi (Ages 8-12)	Jiu Jitsu No Gi (Ages 4-7)	Jiu Jitsu No Gi (Ages 8-12)	Jiu Jitsu Gi (Ages 4-7)	

Adults	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	All Levels Gi	All Levels No Gi	All Levels Gi	All Levels No Gi	All Levels Gi	
9:00am						All Levels Gi
10:00am	All Levels No Gi	All Levels Gi	All Levels No Gi	All Levels Gi	All Levels No Gi	
11:00am						Women's Workout
1:00pm						All Levels No Gi
2:00pm						Open Mat
5:00pm		Women's Workout		Women's Workout		
6:00pm			Women's Workout			
6:05pm	All Levels Gi	Advance No Gi	All Levels Gi	Advance No Gi		
6:05pm	Beginners Gi	Beginners Gi	Beginners Gi	Beginners Gi	Beginners Gi	
7:00pm					Open Mat	
7:30pm	Striking	Striking	Striking	Striking		
7:30pm	Advance No Gi	All Levels Gi	Advance No Gi	All Levels Gi		
8:30pm	All Levels No Gi		All Levels No Gi			