



# Riverstone Jiu Jitsu Schedule

www.riverstonejiujitsu.com ~ 770-704-7172 – Private Training by Appointment

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00am	Fundamental Gi	Fundamental No-Gi	Fundamental Gi	Fundamental No-Gi		Youth No-Gi
11:00-12:00pm	Advanced Gi		Open Mat			Competition Training
3:30-4:30pm		Youth No-Gi	Youth Gi			
6:00-7:00pm	Youth Gi	Youth No-Gi/Wrestling	Youth Gi	Youth No-Gi/Wrestling	Open Mat	
7:00-8:00pm	Adult Gi	Adult No-Gi	Adult Gi	Adult No-Gi	Open Mat	

Updated 2/26/23