

Beginning Sept. 1



Riverstone Jiu Jitsu Schedule

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

Open Monday-Friday 8am-12pm, 5pm-8pm, Saturday 10am-12pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am			Rhythm STEPS			
9:00am	Rhythm STEPS	Rhythm STEPS	Toning/Balance			
10:00am	Fundamental Jiu Jitsu Gi	Fundamental Jiu Jitsu No-Gi	Fundamental Jiu Jitsu Gi	Fundamental Jiu Jitsu No-Gi		Youth No Gi All Ages
11:00am	Toning/Balance (no bands)					Mean Girl Project
3:00-4:00pm		Youth BJJ No-Gi	Youth BJJ Gi	Youth BJJ No-Gi		
6:00-6:30pm	Youth BJJ Gi (4-8 years)	Youth BJJ No-Gi (4-8 years)	Youth BJJ Gi (4-8 years)	Youth BJJ No-Gi (4-8 years)	Fundamental Jiu Jitsu No-Gi	
6:30-7:30pm	Youth BJJ Gi (8-12 years)	Youth BJJ No-Gi (8-12 years)	Youth BJJ Gi (8-12 years)	Wrestling	Open Mat (6:30-8:00pm)	
7:30-8:30pm	Adult BJJ Gi (12+ years)	Adult BJJ No-Gi (12+ years)	Adult BJJ Gi (12+ years)	Mean Girl Project	Open Mat (6:30-8:00pm)	