



Riverstone Jiu Jitsu Schedule

www.riverstonejiujitsu.com ~ 770-704-7172 – Private and Competition Training Available

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Pilates Adult Gi	Adult No-Gi	Adult Gi		Adult No-Gi		
10:00am						Youth No-Gi	
11:00am						HIIT Open Mat	
12:00pm			Pilates Adult Gi	HIIT Adult No-Gi		Open Mat	
5:00pm		Youth Competition (invite only)		Youth Competition (invite only)			
5:30pm	Toddler Tumbles						
6:00pm	Youth Gi	Youth No-Gi	Youth Gi	Youth No-Gi	Fundamental Striking		
7:00pm	Adult Gi	Adult No-Gi	Adult Gi	All Ages Ladies Gi			