



JIU JITSU FOUNDATION

Effective Oct 1st, 2018

8380 Center Dr.
La Mesa, CA 91942
619-741-3000

www.JiuJitsuFoundation.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ADULT ALL LEVELS 6:00A - 7:00A		ADULT ALL LEVELS 6:00A - 7:00A	ADULT ALL LEVELS 7:00A - 8:00A
	BLACK BELT PROGRAM 9 -10:30A		BLACK BELT PROGRAM 9 -10:30A		KIDS ALL LEVELS 9:15A - 10:00A
FUNDAMENTAL 10:00A - 11:00A		FUNDAMENTAL 10:00A - 11:00A		ADULT ALL LEVELS 10:00A - 11:00A	KIDS BLACK BELT CLUB 7-9 10:00A - 10:55A
					KIDS BLACK BELT CLUB 10-14 11:00A - 11:55A
LITTLE CHAMPS 3:00P-3:45P	LITTLE CHAMPS 3:00P-3:45P	LITTLE CHAMPS 3:00P-3:45P	LITTLE CHAMPS 3:00P-3:45P		ADULT ALL LEVELS 12:00 - 1:00P
JR. GRAPPLERS 1&2 3:45P-4:30P	LITTLE CHAMPS 3:45P - 4:30P	JR. GRAPPLERS 1&2 3:45P-4:30P	LITTLE CHAMPS 3:45P - 4:30P		
JR. GRAPPLERS 3 4:30P-5:30P	JR. GRAPPLERS 1&2 4:30P - 5:30P	JR. GRAPPLERS 3 4:30P-5:30P	JR. GRAPPLERS 1&2 4:30P - 5:30P		
JR. GRAPPLERS 1&2 5:30P - 6:20P	JR. GRAPPLERS 3 5:30P - 6:30P	JR. GRAPPLERS 1&2 5:30P - 6:20P	JR. GRAPPLERS 3 5:30P - 6:30P		
FUNDAMENTAL 6:30P-7:30P	INTERMEDIATE 6:30P - 7:30P	FUNDAMENTAL 6:30P-7:30P	INTERMEDIATE 6:30P - 7:30P		
BLACK BELT PROGRAM 7:30P - 9:00P	FUNDAMENTAL 7:30 - 8:30P	BLACK BELT PROGRAM 7:30P - 9:00P	FUNDAMENTAL 7:30P - 8:30P		

10 Things Every Student Must Know

1. Arrive 5-10 minutes prior to scheduled class
2. Wash your gi after EVERY class
3. Pull your attendance card before entering the class
4. Always bring your water bottle to class
5. Attend class on a regular and consistent basis
6. Trim and file your finger nails
7. Always wear a T-shirt or rash guard under your Gi.
8. Make arrangements with instructors for make-up classes
9. Always help the newer students
10. Respect everything and everyone at Jiu Jitsu Foundation