UNITED BJJ HAWAII

WEEKLY SCHEDULE

PEARL CITY · INSIDE 24 HOUR FITNESS

KIDS & YOUTH CLASSES HIGHLIGHTED IN RED

MON	6:00 AM – 7:30 AM	ADULTS BJJ
	4:15 PM – 5:00 PM	KIDS BJJ LEVEL 1 (6–9 YRS)
	5:00 PM – 6:00 PM	KIDS BJJ LEVEL 3 (13–16 YRS)
	6:00 PM – 7:30 PM	ADULTS BJJ
	7:30 PM – 8:30 PM	BJJ BASICS
TUE	6:00 AM – 7:30 AM	ADULTS NO GI
	4:15 PM – 5:00 PM	KIDS BJJ LEVEL 1 (6–9 YRS)
	5:00 PM – 6:00 PM	KIDS BJJ LEVEL 2 (10–12 YRS)
	6:00 PM – 7:30 PM	ADULTS NO GI
WED	6:00 AM – 7:30 AM	ADULTS BJJ
	4:30 PM – 5:00 PM	TINY TOTS (3–5 YRS)
	5:00 PM – 6:00 PM	KIDS BJJ LEVELS 2 & 3 (10–16 YRS)
	6:00 PM – 7:30 PM	ADULTS BJJ
	7:30 PM – 8:30 PM	BJJ BASICS
THU	6:00 AM – 7:30 AM	ADULTS NO GI
	4:30 PM – 5:00 PM	TINY TOTS (3–5 YRS)
	5:00 PM – 6:00 PM	KIDS NO GI LEVEL 2 (10–12 YRS)
	6:00 PM – 7:30 PM	ADULTS NO GI
FRI	6:00 AM – 7:30 AM	ADULTS BJJ
	4:15 PM – 5:00 PM	KIDS NO GI LEVEL 1 (6–9 YRS)
	5:00 PM – 6:00 PM	KIDS NO GI LEVEL 3 (13–16 YRS)
	6:00 PM – 7:30 PM	BJJ OPEN MAT
SAT	9:00 AM – 10:00 AM	ADULTS NO GI (LEG LOCKS)
	10:00 AM – 11:30 AM	ADULTS NO GI OPEN MAT
SUN	CLOSED	