

# 2026 VBJJ JIU-JITSU CLASS SCHEDULE

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**6:30-7:30 AM  
MORNING CLASS  
GI**

**6:30-7:30 AM  
MORNING CLASS  
NOGI**

**6:30-7:30 AM  
MORNING CLASS  
GI**

**6:30-7:30 AM  
MORNING CLASS  
NOGI**

**9:00-10:00 KIDS S&C  
MAT 1**

**12:00-1:30 PM  
NOON DRILL CLASS GI/NOGI**

**12:00-1:30 PM  
NOON DRILL CLASS GI/NOGI**

**12:00-1:30  
NOON DRILL CLASS GI/NOGI**

**12:00-1:30  
NOON DRILL CLASS GI/NOGI**

**12:00-1:30  
NOON DRILL CLASS GI/NOGI**

**10:00-10:45  
KIDS B1 (4-6YR OLD)  
MAT 2**

**5:15 - 5:55 PM  
KIDS B1 BJJ (4 - 6 YR OLD )  
MAT 1**

**5:15 - 5:55 PM  
KIDS B1 BJJ (4 - 6 YR OLD )  
MAT 1**

**5:45 - 6:30 PM  
COMPETITOR DRILLS &  
CONDITIONING  
(SERIOUS COMPETITORS)**

**10:00-11:00 AM  
KIDS LVL 1-3 NOGI  
MAT 1**

**6:00-7:00 PM  
KIDS LVL 1, 2 & 3  
MAT 1 - 2**

**6:00-7:00 PM  
KIDS LVL 1,2 & 3  
MAT 1 - 2**

**6:00-7:00 PM  
KIDS LVL 1, 2 & 3  
MAT 1 - 2**

**6:00-7:00 PM  
KIDS LVL 1, 2 & 3  
MAT 1**

**6:30-8:00 PM  
NOGI FUNDAMENTALS  
MAT 1**

**11:15-12:45  
NO GI/Wrestling  
Mixed Level  
MAT 1**

**6:00-7:00 PM  
WOMENS CLASS MAT 2**

**SUNDAY**

**7:15-8:30 PM  
GI FUNDAMENTALS MAT 1**

**7:00-8:15 PM  
NOGI FUNDAMENTALS  
MAT 1**

**7:15-8:30 PM  
GI FUNDAMENTALS  
MAT 1**

**7:00-8:30 PM  
GI FUNDAMENTALS  
MAT 1**

**9:00-10:00  
WOMENS NOGI  
MAT 2**

**8:30-9:30PM  
GI COMPREHENSIVE MAT 1**

**8:15-9:15PM  
NOGI COMPREHENSIVE  
MAT 1**

**8:30-9:30PM  
GI COMPREHENSIVE  
MAT 1**

**8:30-9:30 PM  
GI COMPREHENSIVE MAT 1**

**11:00 - 1:00PM  
OPEN MAT**