

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

9:00-10:00
WOMENS NOGI
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)

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

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

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

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

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

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

6:00-7:00 PM
KIDS LVL 1
MAT 2

6:00-7:00 PM
KIDS LVL 1
MAT 2

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

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

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

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

SUNDAY

11:00 - 1:00PM
OPEN MAT