

# REGINA JIU JITSU WEEKLY SCHEDULE 2024

655 Henderson Drive, Regina SK

(306) 531 4707 [hello@reginabjj.com](mailto:hello@reginabjj.com)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**MORNING**  
6:00AM – 7

**MORNING**  
6:00AM – 7

**MORNING**  
6:00AM – 7

**ALL LEVELS**  
10:00– 11:30

**LUNCH BJJ**  
12:00- 1

**LUNCH BJJ**  
12:00- 1

**KIDS 4-6**  
12:00-1

**KIDS 4-6**  
12:00-1

**KIDS 7-12**  
1:15-2:15

**KIDS 7-12**  
1:15-2:15

**KIDS 7-12**  
2:30-3:30

**KIDS 7-12**  
2:30-3:30

**TEENS**  
6:00-7:00

**TEENS**  
6:00-7:00

**ALL LEVELS**  
6:00 – 7:30

**OPEN MAT**  
4:00-5:30

**BEGINNER**  
7:00-8:30

**ALL LEVELS**  
7:00-8:00

**NO GI**  
7:00-8:30

**ALL LEVELS**  
7:00– 8:30