

REGINA JIU JITSU WEEKLY SCHEDULE 2024

655 Henderson Drive, Regina SK

(306) 531 4707 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

ALL LEVELS
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

BEGINNER
7:00-8:30

ALL LEVELS
7:00– 8:30