

JIBOIA WEEKLY SCHEDULE

TRAIN WITH PURPOSE - GROW THROUGH PRACTICE - LOCATION UPDATE COMING SOON

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30-07:30	Hatha Yoga	Yoga Stretch	Satyananda Yoga	Yoga Stretch	Astanga Yoga	Hatha Yoga
07:00-07:45	S&C	S&C	S&C	S&C	S&C	-
08:00-09:00	No-Gi	BJJ Gi	No-Gi	BJJ Gi	No-Gi	No-Gi BJJ Drill
09:00-10:00	Boxing	MMA	Muay Thai	MMA	Boxing	MMA
10:00-11:00	Wrestling	Wrestling	Wrestling	Wrestling	Wrestling	Open Mat
11:00-12:00	Leg Locks	Leg Locks	Leg Locks	Leg Locks	Leg Locks	Open Mat
12:00-13:30	BJJ Gi	No-Gi	BJJ Gi	No-Gi	BJJ Gi	Vinyasa Yoga 16:00-17:00
17:00-18:00	Kids Class	Kids Class	Kids Class	Kids Class	Kids Class	-
18:00-19:00	Muay Thai	MMA	MMA	MMA	Muay Thai	-
18:00-19:00	Gi Fundamental	No-Gi Fundamental	Gi Fundamental	No-Gi Fundamental	Gi Fundamental	-
18:00-19:00	Gi Kids Fundamental	No-Gi Kids Fundamental	Gi Kids Fundamental	No-Gi Kids Fundamental	Gi Kids Fundamental	-
18:30-19:30	Core Fit Yoga	Vinyasa Yoga	Core Fit Flow	Vinyasa Yoga	Core Fit Yoga	-
19:00-20:30	BJJ Gi	BJJ No-Gi	BJJ Gi	Wrestling / BJJ No-Gi	Judo	-