

Buckhead Jiu Jitsu

Updated & effective January 1, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	.	Adult BJJ (All Levels) 5:45 - 6:45am	Member Open Mat 5:45 - 6:45 am	Adult BJJ (Fundamentals) 5:45 - 6:45am	.	.
7:00 AM
10:00 AM	Kids BJJ 10 - 10:45am
11:00 AM	Intro to Jiu Jitsu 11:15 - 11:45am
12:00 PM	Adult BJJ (All Levels) 12 - 1pm	.	Adult BJJ (Fundamentals) 12 - 1pm	.	Adult BJJ (All Levels) 12 - 1pm	Adult BJJ (All Levels) 12:15 - 1:15pm
1:00 PM
5:00 PM
6:00 PM	Member Open Mat 6:15 - 6:45pm	Kids BJJ 5:45 - 6:30pm	Member Open Mat 6:15 - 6:45pm	Kids BJJ 5:45 - 6:30pm	Member Open Mat 6:30 - 7pm	.
7:00 PM	Adult BJJ (All Levels) 6:45 - 7:30pm	Member Open Mat 6:30 - 7pm	Adult BJJ (Fundamentals) 6:45 - 7:30pm	Member Open Mat 6:30 - 7pm	Member Open Mat 6:30 - 7pm	.
8:00 PM	Adult BJJ (NoGi - All Levels) 7:45 - 8:30pm	Adult BJJ (All Levels) 7 - 8pm	Adult BJJ (NoGi - All Levels) 7:45 - 8:30pm	Adult BJJ (All Levels) 7 - 8pm	Adult BJJ (All Levels) 7 - 8pm	.