

Des Moines Jiu-Jitsu Academy Schedule

Monday	
Time	Class
5:00AM - 11:00AM	SCHOOL CLOSED
11:15AM - 12:00PM	Jiu-Jitsu Technique (All Ranks)
12:00PM - 6:00PM	SCHOOL CLOSED
6:15PM - 7:00PM	Basic Jiu-Jitsu Technique and Self Defense (All Ranks)
7:00PM - 7:30PM	Open Mat (All Ranks)
7:30PM - 8:30PM	Jiu-Jitsu Technique (White Belt - 1 Stripe and up)
8:30PM - 11:00PM	SCHOOL CLOSED

Tuesday	
Time	Class
5:00AM - 11:00AM	SCHOOL CLOSED
11:00AM - 12:00PM	Open Mat (All Ranks)
12:00PM - 6:15PM	SCHOOL CLOSED
6:30PM - 8:00PM	Muay Thai Technique (All Ranks)
8:00PM - 11:00PM	SCHOOL CLOSED

Wednesday	
Time	Class
5:00AM - 11:00AM	SCHOOL CLOSED
11:15AM - 12:00PM	Jiu-Jitsu Technique (All Ranks)
12:00PM - 4:45PM	SCHOOL CLOSED
5:00PM - 6:00PM	Wrestling Technique (All Ranks)
6:15PM - 7:00PM	Basic Jiu-Jitsu Technique and Self Defense (All Ranks)
7:00PM - 7:30PM	Open Mat (All Ranks)
7:30PM - 8:30PM	Jiu-Jitsu Technique (White Belt - 1 Stripe and up)
8:30PM - 11:00PM	SCHOOL CLOSED

Thursday	
Time	Class
5:00AM - 11:00AM	SCHOOL CLOSED
11:00AM - 12:00PM	Jiu-Jitsu Technique (Blue Belt and up)
12:00PM - 5:45PM	SCHOOL CLOSED
6:00PM - 7:00PM	Kids Jiu-Jitsu (Ages 5-8)
7:00PM - 8:00PM	Muay Thai Sparring (All Ranks)
7:00PM - 8:00PM	Kids Jiu-Jitsu (Ages 9-14)
8:00PM - 11:00PM	SCHOOL CLOSED

Friday	
Time	Class
5:00AM - 11:00AM	SCHOOL CLOSED
11:00AM - 12:00PM	Open Mat (All Ranks)
12:00PM - 11:00PM	SCHOOL CLOSED

Saturday	
Time	Class
5:00AM - 12:00PM	SCHOOL CLOSED
12:00PM - 2:00PM	Open Mat (All Ranks)
2:00PM - 11:00PM	SCHOOL CLOSED

Sunday	
Time	Class
5:00AM - 10:00AM	SCHOOL CLOSED
10:00AM - 11:30AM	Muay Thai Technique (All Ranks)
11:30AM - 11:00PM	SCHOOL CLOSED

Legend	
Membership Required	Color
Jiu-Jitsu Membership Required	TEXT
Muay Thai Membership Required	TEXT
Kids/Family Membership Required	TEXT
Any Membership Required	TEXT