

WERDUM TRAINING CENTER CLASS SCHEDULE WINTER 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM						
11:30 / 12:30	JIU JITSU ALL LEVELS FUNDAMENTALS	NO-GI GRAPPLING FUNDAMENTALS	JIU JITSU ALL LEVELS FUNDAMENTALS	NO-GI GRAPPLING FUNDAMENTALS		
12:30 TO 2PM						JIUJITSU OPEN MAT
3 TO 3:35	KIDS 4+5+6 YO BEGINNERS	KIDS 4+5+6 YO BEGINNERS	KIDS 4+5+6 YO BEGINNERS	KIDS 4+5+6 YO BEGINNERS		
3:35 TO 4:15	KIDS 6+ YO BEGINNERS WHITE BELTS	KIDS 6+ YO BEGINNERS WHITE BELTS	KIDS 6+ YO BEGINNERS WHITE BELTS	KIDS 6+ YO BEGINNERS WHITE BELTS		
4:20 TO 5:10	KIDS JIUJITSU GRAY-WHITE BELT AND UP	KIDS JIUJITSU GRAY-WHITE BELT AND UP	KIDS JIUJITSU GRAY-WHITE BELT AND UP	KIDS JIUJITSU GRAY-WHITE BELT AND UP		
WERDUM TRAINING CENTER						
5:15 TO 6:15	KIDS JIUJITSU GRAY BELT AND UP	KIDS JIUJITSU GRAY BELT AND UP	KIDS JIUJITSU GRAY BELT AND UP	KIDS JIUJITSU GRAY BELT AND UP		
6:15 TO 7:15	JIUJITSU ADULTS FUNDAMENTALS	JIUJITSU ADULTS FUNDAMENTALS	JIUJITSU ADULTS FUNDAMENTALS	JIUJITSU ADULTS FUNDAMENTALS		
7:15 TO 8:15	MUAY THAI BASICS	NOGI GRAPPLING ALL LEVELS	MUAY THAI BASICS	NOGI GRAPPLING ALL LEVELS	MUAY THAI BASICS	
8:15	JIUJITSU WOMEN INTRO CLASS	JIUJITSU MEN INTRO CLASS	JIUJITSU WOMEN INTRO CLASS	JIUJITSU MEN INTRO CLASS		