



Oak Ridge Group Class Schedule

Effective July 24, 2023

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Brazilian Jiu Jitsu Open Mat (PMA Students Only) Ages 13 & Up (11 AM - 1 PM)		Brazilian Jiu Jitsu All Levels Ages 13 & Up (12 - 1 PM)		Brazilian Jiu Jitsu All Levels Ages 13 & Up (12 - 1 PM)	Brazilian Jiu Jitsu Drilling and Rolling Ages 13 & Up (12 - 1 PM)	Lil Dragons Ages 4-7 (10:15 - 10:45 AM)
	Kids and Teens BJJ Competition Team (3:30-4:30 PM)	Lil Dragons Ages 4-7 (3:45-4:15 PM)	Kids and Teens BJJ Competition Team (3:30-4:30 PM)	Lil Dragons Ages 4-7 (3:45-4:15 PM)		Juniors Ages 8-12 All Levels (11 - 11:45 AM)
	Lil Dragons Ages 4-7 (4:30-5 PM)	Beginner Juniors Ages 8 -12 (4:15-5:00 PM)	Lil Dragons Ages 4-7 (4:30-5 PM)	Beginner Juniors Ages 8 -12 (4:15-5:00 PM)		FILKENJUTSU All Levels Ages 13 & Up (12 - 12:45 PM)
	Young Adults Ages 13-17 (5-5:45 PM)	Advanced Juniors Ages 8-12 (Purple/White & Up) (5-5:45 PM)	Young Adults Ages 13-17 (5-5:45 PM)	Advanced Juniors Ages 8-12 (Purple/White & Up) (5-5:45 PM)		Brazilian Jiu Jitsu All Levels Ages 13 & Up (1 - 2 PM)
	Juniors Ages 8-12 All Levels (5:45-6:30 PM)	Lil Dragons Ages 4-7 (5:45-6:15 PM)	Juniors Ages 8-12 All Levels (5:45-6:30 PM)	Lil Dragons Ages 4-7 (5:45-6:15 PM)	FILKENJUTSU Practice Sessions Ages 13 & Up 5:30 PM - 6:15 PM	
	Adult FILKENJUTSU Fundamentals & Intermediate (6:30-7:15 PM)	Adult FILKENJUTSU Black Belt Training (Brown & Up) (6:30-7:15 PM)	Adult FILKENJUTSU Fundamentals & Intermediate (6:30-7:15 PM)	Adult FILKENJUTSU Black Belt Training (Brown & Up) (6:30-7:15 PM)		
	Brazilian Jiu Jitsu Fundamentals Ages 13 & Up (7:30-8:30 PM)	Brazilian Jiu Jitsu Advanced (Blue Belts & Up) Ages 13 & Up (7:30-8:30 PM)	Brazilian Jiu Jitsu Fundamentals Ages 13 & Up (7:30-8:30 PM)	Brazilian Jiu Jitsu Advanced (Blue Belts & Up) Ages 13 & Up (7:30-8:30 PM)		