



Ocean County Brazilian Jiu Jitsu Weekly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kid's Basic Class: 5:5:30 with Live Training (ages 7-12)	Kid's Class: 5:00 - 5:30pm (ages 4-6)	Basic: 12:00 - 1:00pm	Kid's Class: 5:00 - 5:30pm (ages 4-6)	NO CLASSES	Kid's Class: 9:30 - 10:15am (all ages)	Kid's Class: 9:00 - 9:45am (all ages)
Kid's Advanced Class: 5:45 - 6:30 (ages 7-12)	Basic: 5:30 - 6:15pm	Kid's Basic Class: 5:5:30 with Live Training (ages 7-12)	Basic: 5:30 - 6:15pm	Kickboxing: 10:30 - 11:30am	Basic: 9:45 - 10:45am	Basic: 9:45 - 10:45am
No-Gi: 6:30 - 7:30pm (2 Stripes and Above)	Randori: 6:15 - 6:30pm (optional live training - 2 stripe White belts & above)	Kid's Advanced Class: 5:45 - 6:30 (ages 7-12)	Randori: 6:15 - 6:30pm (optional live training - 2 stripe White belts & above)	Basic: 11:30 - 12:30pm	Randori: 10:45 - 11:30am (optional live training - 2 stripe White belts & above)	Randori: 10:45 - 11:30am (optional live training - 2 stripe White belts & above)
Basic: 7:30 - 8:30pm	Advanced: 6:30 - 7:30pm (4 Stripes and above)	Woman's Class: 6:30 - 7:30pm	Advanced: 6:30 - 7:30pm	Open Mat: 7:30 - 8:30	No-Gi: 7:30 - 8:30	Open Mat: 8:30 - 9:30pm (live training - 2 stripe White belts & above)
Randori: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Basic: 7:30 - 8:30pm	Open Mat: 6:30 - 7:30pm	Open Mat: 6:30 - 7:30pm	Basic: 7:30 - 8:30pm	Open Mat: 7:30 - 8:30	Open Mat: 8:30 - 9:30pm (live training - 2 stripe White belts & above)
Randori: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Randori: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Basic: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Randori: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Basic: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Randori: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)	Randori: 8:30 - 9:30pm (optional live training - 2 stripe White belts & above)

All basic classes are open to adults and teens.
 Additional open mat times are announced via Ocean County BJJ's Facebook page.