

HGBJJ SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKENDS

10:00 am-
11:30 am

ADULT CLASS
NO Gi

ADULT CLASS
Gi

ADULT CLASS
Gi

SATURDAY
SUBJECT TO
CHANGE BASED ON
PARTICIPATION

10:00AM-11:00AM
ADULT CLASS
OPEN MAT - GI

(OPEN MAT MEMBERS ONLY)

6:00 pm-
7:00 pm

JUNIOR
SAMURAIS
(6-13 YRS OLD)

JUNIOR
SAMURAIS
(6-13 YRS OLD)

JUNIOR
SAMURAIS
(6-13 YRS OLD)

JUNIOR
SAMURAIS
(6-13 YRS OLD)

7:00 pm-
8:30 pm

ADULT CLASS
NO Gi

ADULT CLASS
Gi

ADULT CLASS
Gi

ADULT CLASS
Gi

SUNDAY
CLOSED

NOW ENROLLING! EMAIL: HIGHERGROUND@HGBJJ.COM

UPDATED 09/2026