

WERDUM TRAINING CENTER NANTUCKET SCHEDULE

FALL / WINTER 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM						ABADA CAPOEIRA KIDS 6+
11:30 / 12:30	JIU JITSU ALL LEVELS FUNDAMENTALS	NO-GI GRAPPLING FUNDAMENTALS	JIU JITSU ALL LEVELS FUNDAMENTALS	NO-GI GRAPPLING FUNDAMENTALS		ABADA CAPOEIRA ADULTS
12:30 TO 2PM						JIUJITSU OPEN MAT

STRONG WINGS / NANTUCKET NEW SCHOOL

3 TO 3:30	STRONG WINGS KIDS 4+5+6 YO BEGINNERS	STRONG WINGS KIDS 4+5+6 YO BEGINNERS	STRONG WINGS KIDS 4+5+6 YO BEGINNERS	STRONG WINGS KIDS 4+5+6 YO BEGINNERS		
3:35 TO 4:15	STRONG WINGS KIDS 6+ YO BEGINNERS	STRONG WINGS KIDS 6+ YO BEGINNERS	STRONG WINGS KIDS 6+ YO BEGINNERS	STRONG WINGS KIDS 6+ YO BEGINNERS		

WERDUM TRAINING CENTER

5 TO 5:55	KIDS JIUJITSU COLOR BELTS + INVITED WHITE	JIUJITSU KIDS BEGINERS 6+	KIDS JIUJITSU COLOR BELTS + INVITED WHITE	JIUJITSU KIDS BEGINERS 6+		
6 TO 6:55	JIUJITSU ADULTS FUNDAMENTALS	JIUJITSU ADULTS BLUE AND UP	JIUJITSU ADULTS FUNDAMENTALS	JIUJITSU ADULTS BLUE AND UP	ZUMBA	
7 TO 8	MUAY THAI BASICS	NOGI GRAPPLING ALL LEVELS	MUAY THAI BASICS	NOGI GRAPPLING ALL LEVELS	MUAY THAI BASICS	
8:05	JIUJITSU WOMEN INTRO CLASS	JIUJITSU MEN INTRO CLASS	JIUJITSU WOMEN INTRO CLASS	JIUJITSU MEN INTRO CLASS		