

WERDUM TRAINING CENTER ACK SCHEDULE WINTER 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 am	Jiu Jitsu	11:30 No-Gi	Jiu Jitsu	11:30 No-Gi		
12:30 am						Open Mat
3 to 3:45p m	Jiu Jitsu 3/4/5 years old	Jiu Jitsu 3/4/5 years old	Jiu Jitsu 3/4/5 years old	Jiu Jitsu 3/4/5 years old		
4 to 4:50	Jiu Jitsu 6/7/8 years old	Jiu Jitsu 6/7/8 years old	Jiu Jitsu 6/7/8 years old	Jiu Jitsu 6/7/8 years old		
5 to 6pm	Jiu Jitsu 9/10/11 years old	Jiu Jitsu 9/10/11 years old	Jiu Jitsu 9/10/11 years old	Jiu Jitsu 9/10/11 years old		
6 to 7pm	Jiu Jitsu 11 up	Jiu Jitsu 11 up	Jiu Jitsu 11 up	Jiu Jitsu 11 up		
7 to 8pm	Jiu Jitsu Blue and Up	Jiu Jitsu White Belt	Jiu Jitsu Blue and Up	Jiu Jitsu White Belt		
8 to 9pm	Muay Thai	No-Gi	Muay Thai	No-Gi	Muay Thai	
8 to 9pm	Women Jiu Jitsu Intro Class	Men Jiu Jitsu Intro Class	Women Jiu Jitsu Intro Class	Men Jiu Jitsu Intro Class		