

Werneck Family Jiu-Jitsu Schedule

Roseville, CA

2019 (as of March 4)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am to 7:15 am	Adults Fundamentals		Adults Fundamentals		Adults Fundamentals		
9:30 am - 10:45 am						Adults: All levels	
11:00 am - 12:30 pm	Adults: All levels		Adults: All levels				
4:30 pm - 5:25 pm	Children 4-6		Children 4-6		Children 4-6		
5:30 pm - 6:30 pm	Children 7-11		Children 7-11		Children 7-11		
6:30 pm - 7:45 pm	Teens 12-15		Teens 12-15				
6:30 pm - 7:45 pm	Adults: All levels	Adults Fundamentals	Adults: All levels	Adults Fundamentals			

! Please remember: the ages of the children's classes are approximate. Focus, maturity, capacity, and skill, for example, make each student's needs unique. We reserve the right to place your child where they would see the most benefit from their participation !