

# Werneck Family Jiu-Jitsu Schedule

Roseville, CA

As of September 18, 2023

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	
4:15pm - 5:00 pm	Children 4-6		Children 4-6		Children 4-6		
5:00 pm - 6:00 pm	Children 7-9		Children 7-9		Children 7-9		
6:00 pm - 7:00 pm	Children 10-12		Children 10-12		Children 10-12		
7:00 pm - 8:15 pm	Teens	Teens	Teens	Teens			
7:00 pm - 8:15 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 !**