

# Werneck Family Jiu-Jitsu Schedule

**Roseville, CA**

**As of September 2024**

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						Teens & Adults: All levels	
4:15pm - 5:00 pm	Children 4-6		Children 4-6		Children 4-6		
5:00 pm - 6:00 pm	Children 7-12		Children 7-12		Children 7-12		
6:00 pm - 7:00 pm	Teens & Adults: All levels		Teens & Adults: All levels				
7:00 pm - 8:15 pm		Teens & Adults Fundamentals		Teens & 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 !**