AK JIU JITSU ACADEMY

A CHRIS HOLDSWORTH AFFILIATE

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM NO-GI	10:00 AM GI	6:00 AM STRENGTH & CONDITIONING	10:00 AM NO-GI	5:00 AM NO-GI	9:00 AM - 10:00 AM SYSTEMS	8:00 AM - 9:30 AM STRENGTH & CONDITIONING
5:00 PM - 6:00 PM PEE WEE/YOUTH CLASS GI	5:00 PM - 6:00 PM PEE WEE/YOUTH CLASS NO-GI	5:00 PM - 6:00 PM YOUTH FOUNDATIONS/CORE GI	5:00 PM - 6:00 PM YOUTH FOUNDATIONS/CORE NO-GI	5:00 PM - 6:00 PM KICKBOXING	10:00 AM - 11:00 AM YOUTH FOUNDATIONS/CORE NO-GI	
6:00 PM - 7:00 PM GI FUNDAMENTALS	6:00 PM - 7:00 PM NO-GI FUNDAMENTALS	6:00 PM - 7:00 PM GI FUNDAMENTALS	6:00 PM - 7:00 PM NO-GI FUNDAMENTALS	6:00 PM - 7:30 PM ADULT NO-GI	11:00 AM - 12:00 PM WOMEN'S SELF DEFENSE	
7:00 PM - 8:30 PM GI ADVANCED	7:00 PM - 8:30 PM NO-GI ADVANCED	7:00 PM - 8:30 PM GI ADVANCED	7:00 PM - 8:30 PM NO-GI ADVANCED		12:15 PM - 1:15 PM YOGA	

KIDS, YOUTH & ADULT CLASSES

GI & NOGI TRAINING

ALL LEVELS WELCOME

DISCIPLINE
CONSISTENCY • RESULTS

2650 CAMERON PARK DR.
CAMERON PARK, CA 95682

VISIT US ONLINE
AKJIUJITSUHQ.COM