



American Jiu-Jitsu Centers

Jan 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2 Stand Up Self Defense	3 PRIVATES	4 Ground Fighting Self Defense
5	6 Free Fighting Self Defense	7 Ground Fighting Self Defense	8 Stand Up Self Defense	9 Free Fighting Self Defense	10 PRIVATES	11 Stand Up Self Defense
12	13 Ground Fighting Self Defense	14 Stand Up Self Defense	15 Ground Fighting Self Defense	16 Free Fighting Self Defense	17 PRIVATES	18 Free Fighting Self Defense
19	20 CLOSED	21 Free Fighting Self Defense	22 Free Fighting Self Defense	23 Ground Fighting Self Defense	24 PRIVATES	25 Stand Up Self Defense
26	27 Free Fighting Self Defense	28 Ground Fighting Self Defense	29 BELT PROMOTIONAL	30 Stand Up Self Defense	31 PRIVATES	FEB 1 Ground Fighting Self Defense

AMERICAN JIU-JITSU SYSTEM OF SELF DEFENSE IS BROKEN INTO 3 CLASSES

A.J.J Free Fighting Self Defense:

A.J.J Stand up Self Defense:

A.J.J Ground Fighting: