



# Shannon Arts Schedule



MON	TUE	WED	THU	FRI	SAT	SUN
930-1130AM Adult Jiu Jitsu	930-1130AM Adult Jiu Jitsu	930-1130AM Adult Jiu Jitsu	930-1130AM Adult Jiu Jitsu	930-1130AM Adult Jiu Jitsu	830 - AM Adult Open	-
1130-1230PM MMA Striking	1130-1230PM MMA Striking	1130-1230PM MMA Striking	1130-1230PM MMA Striking	1115-1215PM Home School	-	-
430-5PM Kids Open	430-5PM Kids Open	430-5PM Kids Open	430-5PM Kids Open	4-530PM MMA Striking	-	-
5-6PM Kids MMA/Adult Fit	5-6PM Kids Jiu Jitsu	5-6PM Kids Jiu Jitsu/Adult Fit	5-6PM Kids Jiu Jitsu/Adult Fit	-	-	-
630-8PM Adult Jiu Jitsu	630-8PM Adult Jiu Jitsu	630-8PM Adult Jiu Jitsu	630-8PM Adult Jiu Jitsu	-	-	-
730-830PM MMA Striking	-	730-830PM MMA Striking	-	-	-	-



# American Jiu Jitsu

