

OPEN MAT ACADEMY — WEEKLY CLASS SCHEDULE

3200 Naglee Rd, STE #106, Tracy CA · (209) 752-8013 · openmatacademy.com

ADULT BJJ		YOUTH BJJ		PEE WEE BJJ		WOMEN'S BJJ		BOXING		MUAY THAI		WRESTLING		PEAK PERFORMANCE		OPEN MAT/GYM	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
5:30–6:30 AM Jiu Jitsu GI * Roll Call (Band App)		10:00–11:00 AM Peak Performance		5:30–6:30 AM Jiu Jitsu GI * Roll Call (Band App)		10:00–11:00 AM Peak Performance		5:30–6:30 AM Jiu Jitsu GI * Roll Call (Band App)		9:00–10:00 AM Wrestling		10:00 AM–5:30 PM Open Gym					
10:00–11:00 AM Peak Performance		4:00–4:30 PM Pee Wee BJJ Ages 4–7		10:00–11:00 AM Peak Performance		4:00–4:30 PM Pee Wee BJJ No GI · Ages 4–7		11:00 AM–12:30 PM Jiu Jitsu GI		10:00 AM–12:00 PM Open Mat GI / No GI							
11:00 AM–12:30 PM Jiu Jitsu GI		4:30–5:30 PM Youth BJJ Ages 8–12		10:00–11:00 AM Women's BJJ		4:30–5:30 PM Youth BJJ No GI · Ages 8–12		4:00–4:30 PM Pee Wee BJJ Ages 4–7		10:00 AM–5:30 PM Open Gym							
4:00–4:30 PM Pee Wee BJJ Ages 4–7		4:30–5:30 PM Peak Performance		11:00 AM–12:30 PM Jiu Jitsu GI		4:30–5:30 PM Peak Performance		4:30–5:30 PM Youth BJJ Ages 8–12									
4:30–5:30 PM Youth BJJ Ages 8–12		5:30–6:30 PM Muay Thai Youth/Adults		4:00–4:30 PM Pee Wee BJJ Ages 4–7		5:30–6:30 PM Muay Thai Teens/Adults		4:30–5:30 PM Youth Boxing Ages 8–12									
4:30–5:30 PM Women's BJJ		5:30–6:00 PM Wrestling Ages 5–11		4:30–5:30 PM Youth BJJ Ages 8–12		5:30–6:30 PM Boxing Str. & Cond.		5:30–6:30 PM Boxing Class									
4:30–5:30 PM Youth Boxing Ages 8–12		5:30–6:30 PM Peak Performance		4:30–5:30 PM Youth Boxing Ages 8–12		5:30–6:00 PM Wrestling Ages 5–11		7:00–8:30 PM Adult/Teen Takedown									
4:30–5:30 PM Peak Performance		6:00–7:00 PM Wrestling Ages 12–17		4:30–5:30 PM Peak Performance		5:30–6:30 PM Peak Performance		7:30–8:30 PM Boxing Class									
5:30–6:30 PM Muay Thai Teens/Adults		7:00–8:30 PM Adult/Teen BJJ GI		5:30–6:30 PM Muay Thai Teens/Adults		6:00–7:00 PM Wrestling Ages 12–17											
5:30–6:30 PM Boxing Class		7:30–8:30 PM Boxing Class		5:30–6:30 PM Boxing Class		7:00–8:30 PM Adult/Teen BJJ GI											
5:30–6:30 PM Peak Performance				5:30–6:30 PM Peak Performance		7:30–8:30 PM Boxing Class											
7:00–8:30 PM Adult/Teen BJJ No GI				7:00–8:30 PM Adult/Teen BJJ No GI													
7:30–8:30 PM Boxing Class				7:30–8:30 PM Boxing Class													

* Roll Call classes register on the Band App · All notifications via Band App · Boxing Open: 10 AM–8:30 PM (except during class) · Sat Open Gym: 10 AM–5:30 PM