

**Mighty Dragons** (Ages 4-7)  
**Youth BJJ and Self-Defense** (Ages 7-13)  
**Adult** (Ages 14+)

# **QUEST** JIU-JITSU & SELF-DEFENSE

| Monday                                                    | Tuesday                                                                     | Wednesday                                                 | Thursday                                                                    | Friday                                              | Saturday                                                                                            | Sunday                                                            |
|-----------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| 12pm-12:45pm<br><b>QuestKick</b>                          | 12pm-1pm<br><b>Adult BJJ</b><br>Mixed Levels (Gi)                           | 12pm-1pm<br><b>QuestFit</b>                               | 12pm-1pm<br><b>Adult BJJ</b><br>Mixed Levels<br>No Gi                       | 12pm-12:45pm<br><b>QuestKick</b>                    | 9am-10am<br>To-Shin Do:<br><b>Adult Black Belt</b>                                                  | 10am-11:45am<br>To-Shin Do<br>Open Mat                            |
| Private Lessons                                           | Private Lessons                                                             | Private Lessons                                           | Private Lessons                                                             | Private Lessons                                     | 10am-10:45am<br><b>Mighty Dragons</b>                                                               | 12pm - 1pm<br><b>Adult BJJ</b><br>Intermediate +<br>Advanced (Gi) |
| 4pm-4:45pm<br><b>Mighty Dragons</b>                       | 4pm-4:45pm<br><b>Mighty Dragons</b>                                         | 4pm-4:45pm<br><b>Mighty Dragons</b>                       | 4pm-4:45pm<br><b>Mighty Dragons</b>                                         |                                                     | 10:45am-11:30am<br><b>Youth Jiu-Jitsu</b><br>(No Gi)                                                | 1pm - 2pm<br>BJJ<br>Open Mat                                      |
| 4:45pm-5:30pm<br><b>Youth Jiu-Jitsu (Gi)</b>              | 4:45pm-5:30pm<br>To-Shin Do:<br><b>Youth Self-Defense</b>                   | 4:45pm-5:30pm<br><b>Youth Jiu-Jitsu (Gi)</b>              | 4:45pm-5:30pm<br>To-Shin Do:<br><b>Youth Self-Defense</b>                   | 4:15pm-5pm<br><b>Mighty Dragons</b>                 | 11:30am-12:15pm<br>To-Shin Do:<br><b>Youth and Adult</b>                                            |                                                                   |
| 5:30pm-6:15pm<br>To-Shin Do:<br><b>Youth Self-Defense</b> | 5:30pm-6:15pm<br><b>Youth Jiu-Jitsu (Gi)</b>                                | 5:30pm-6:15pm<br>To-Shin Do:<br><b>Youth Self-Defense</b> | 5:30pm-6:15pm<br><b>Youth Jiu-Jitsu (Gi)</b>                                | 5pm-5:45pm<br>To-Shin Do:<br><b>Youth and Adult</b> | 12:15pm-1pm<br><b>QuestKick</b>                                                                     |                                                                   |
| 6:15pm-7pm<br>To-Shin Do:<br><b>Adult Self-Defense</b>    | 6:15pm-7:15pm<br><b>Adult BJJ</b><br>Mixed Levels (Gi)                      | 6:15pm-7pm<br>To-Shin Do:<br><b>Adult Self-Defense</b>    | 6:15pm-7:15pm<br><b>Adult BJJ</b><br>Mixed Levels (Gi)                      | 5:45pm-6:30pm<br><b>QuestKick</b>                   | Private Lessons                                                                                     |                                                                   |
| 7pm-8:30pm<br><b>Adult BJJ</b><br>Mixed Levels (Gi)       | 7:15pm-8pm<br>To-Shin Do:<br><b>Adult Self-Defense</b>                      | 7pm-8:30pm<br><b>Adult BJJ</b><br>Mixed Levels (Gi)       | 7:15pm-8pm<br>To-Shin Do:<br><b>Adult Self-Defense</b>                      |                                                     | 2pm-4pm<br><b>Birthday Parties</b><br>(by appt only -<br>schedule by email<br>or at the front desk) |                                                                   |
|                                                           | 8pm-8:45pm<br>To-Shin Do:<br>Adult Advanced<br>(Brown Belt - Black<br>Belt) |                                                           | 8pm-8:45pm<br>To-Shin Do:<br>Adult Advanced<br>(Brown Belt - Black<br>Belt) |                                                     | <b>**6pm-9pm</b><br><b>Parent's Night Out</b><br>(one Saturday per<br>month, register<br>online)    |                                                                   |