

Heroes Martial Arts Downtown Schedule January 2023
450 S 1st Street San Jose CA 95113

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	BJJ (All Levels)	BJJ (All Levels) Comp Rolling	BJJ (All Levels)	BJJ (All Levels)	BJJ No Gi		
10:00 AM	BJJ (All Levels)	BJJ No Gi	BJJ (All Levels)	BJJ No Gi		BJJ (All Levels)	BJJ (All Levels)
Noon					BJJ (All Levels)		
5:00 PM	BJJ Fundamentals	Takedowns	BJJ Fundamentals	Takedowns			
6:30 PM	Comp Class	BJJ (All Levels)	BJJ No Gi	BJJ (All Levels)	BJJ (All Levels)		

All classes are at least 90 minutes long

Students only have to check in for first class of the session attending (IE A student checking into 5:00PM Fundamentals does NOT need to check in again for 6:30 PM BJJ No Gi)