

Heroes Martial Arts Eastside Schedule January 2023
418 N Capitol Ave San Jose CA 95133

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 AM						Comp Class	
10:00 AM		BJJ (All Levels)		BJJ (All Levels)			
3:00 PM	Youth BJJ (4-11)		Youth BJJ (4-11)		Youth BJJ (4-11) (Tryouts)		
4:00 PM	Youth BJJ (4-11)	Youth BJJ (4-11)	Youth BJJ (4-11) (Tryouts)	Youth BJJ (4-11)	Youth BJJ (4-11)		
5:00 PM	Teens BJJ (12-17)	BJJ Fundamentals	Teens BJJ (12-17)	BJJ Fundamentals	Teens BJJ (12-17)		
6:00 PM	BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)	BJJ NoGi	Wrestling		

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 6:00 PM BJJ All Levels)