

IMPACT

Jiu Jitsu

716 E. 1st Street, Newberg, OR 97005


503-537-0104

www.impactjj.com

IMPACT JIU JITSU SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00am						BJJ 1 Coach: Richard Wheeler, Blue Belt	BJJ Competition Team Training (8:30-10:30am)
10:00 - 11:00am							
11:00am - Noon					Coaches Training (11am-1pm)		
Noon - 5:00pm	Private Lessons by Appointment	Private Lessons by Appointment	Private Lessons by Appointment	Private Lessons by Appointment			
5:30 - 6:30pm	BJJ 1 Matt Leech, Brown Belt	BJJ 2 Dewey Nielsen, Black Belt	BJJ 1 Bryan Marugg, Blue Belt	BJJ 2 Andy Wong, Brown Belt	BJJ 1 Don Chambers, Blue Belt (5-7pm)		
6:30 - 7:30pm							

IMPACT PERFORMANCE TRAINING SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00am						Metabolic Circuit	
9:00 - 10:00am	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	
10:00am - 11:00am							
11:00am - Noon							
Noon - 4:00pm	By Appointment Only						
4:00 - 5:00pm	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym	Semi-Private Training / Open Gym		 IMPACT PERFORMANCE TRAINING	
5:00 - 6:00pm							
6:00 - 7:00pm	Metabolic Circuit (6:30-7:30pm)	Metabolic Circuit (6:30-7:30pm)	Metabolic Circuit (6:30-7:30pm)	Metabolic Circuit (6:30-7:30pm)			
7:00 - 8:00pm							

Effective: August 2010