

BONSAI SCHEDULE

2024 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Notes
5:00PM - 6:00PM Mighty Mights & Pre-Teens 6:00PM - 7:15PM Adult Mixed Levels 7:15PM - 8:15PM Womens Only (Free)	6:00AM - 7:00AM Adult Express Jiu Jitsu 12:00PM - 1:00PM Adult Express Jiu Jitsu 4:30PM - 5:00PM Mini Mights 5:00PM - 6:00PM Mighty Mights & Pre- Teens 6:00PM - 7:30PM Adult Fundamentals 7:30PM - 8:30PM Bonsai Kickboxing	5:00PM - 6:00PM Mighty Mights & Pre-Teens 6:00PM - 7:30PM Adult Mixed Levels	6:00AM - 7:00AM Adult Express Jiu Jitsu 12:00PM - 1:00PM Adult Express Jiu Jitsu 4:30PM - 5:00PM Mini Mights 5:00PM - 6:00PM Mighty Mights & Pre- Teens 6:00PM - 7:30PM Adult Fundamentals 7:30PM - 8:30PM Bonsai Kickboxing	5:00PM - 6:30PM Adult Mixed Levels No-Gi	No-Gi November for all classes except for Mini Mights/Fundamentals/ Womens Only Class
Bonsai Jiu Jitsu Academy - NC 2309 East Ash Street (Barnyard Shopping Center) Goldsboro, NC 27534 Tel (919) 722-9501 or (919) 537-6177 email: bonsaijiujitsuacademy@gmail.com IG: @bonsaijjnc			Competitions December 14th: <input type="checkbox"/> _____ <input type="checkbox"/> https://newbreedbjj.smoothcomp.com/en/event/18420 <input type="checkbox"/> _____ sign-up via: www.smoothcomp.com		