

BONSAI SCHEDULE 2026 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM Homeschool Program	6:00AM - 7:00AM Breakfast Club Adult Fundamentals	4:30PM - 5:00PM Kids Onboarding Class	6:00AM - 7:00AM Breakfast Club Adult Fundamentals	5:00PM - 6:30PM Adult Mixed Levels Hybrid Class Jiu Jitsu/Kickboxing
11:30AM - 12:30PM Womens Only Class (Free)	12:00PM - 1:15PM Express Class Adult Fundamentals	5:00PM - 6:00PM Mighty Might's & Pre-Teens	10:00AM - 11:00AM Homeschool Program	
4:30PM - 5:00PM Kids Onboarding Class	4:30PM - 5:00PM Mini Might's	6:00PM - 7:30PM Adult Mixed Levels	12:00PM - 1:15PM Express Class Adult Fundamentals	
5:00PM - 6:00PM Mighty Might's & Pre-Teens	5:00PM - 6:00PM Mighty Might's & Pre- Teens		4:30PM - 5:00PM Mini Might's	
6:00PM - 7:30PM Adult Comp Class	6:00PM - 7:30PM Adult Fundamentals		5:00PM - 6:00PM Mighty Might's & Pre- Teens	
	7:30PM - 8:30PM Kickboxing		6:00PM - 7:30PM Adult Fundamentals	
			7:30PM - 8:30PM Bonsai Kickboxing	
<p>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</p>				

