



Ultimate Martial Arts Hugo

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WJJA Hugo Head Coach

Mr. Stan Riser

WJJA Black Belt Instructor

Professor Jeremy Anderson

Assistant Coaches

Ben Saunders and Ashley Hanson

Effective: Sept 06, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:15 p.m. Jr. Jiu-Jitsu 8 – 13 yrs All Belt Levels	5:15 - 6:00 p.m. Jr. Jiu-Jitsu 8 – 13 yrs All Belt Levels	5:30 - 6:15 p.m. Jr. Jiu-Jitsu 8 – 13 yrs All Belt Levels	5:15 - 6:00 p.m. Jr. Jiu-Jitsu 8 – 13 yrs All Belt Levels	4:15 - 4:45 p.m. Jr. Jiu-Jitsu 8 – 13 yrs All Belt Levels	12:15 – 1:00 p.m. Jr. Flips Class Grey-White Belts/Above
7:45 – 8:45 p.m. Adult Jiu-Jitsu All Belt Levels	Adult Jiu-Jitsu stretch on far side of the mats for the first 15 minutes of class.	7:45 – 8:45 p.m. Adult Jiu-Jitsu All Belt Levels	7:45 – 8:45 p.m. Adult Jiu-Jitsu No Gi All Belt Levels	6:30 – 7:00 p.m. Adult Pad Drills All Belt Levels	

- Beginner, Fundamental and Advanced classes are held during Regular class times for juniors and adults
- Junior Students who want to take the Flips Class must earn their Grey-White Belt and have good listening skills
- Hand Pads, MMA Gloves, Boxing Gloves, etc. are recommended for Adult Pad Drills (Focus Targets and Body Shields provided)