

## AKA Gym Jiu-Jitsu Schedule

| Time            | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   | Sunday |
|-----------------|---|---|--|--|---|--|--------|
| 7am - 10:45am   |   |   |  |  |   |  |        |
| 10:45am - 12pm  | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>All Levels</b><br><b>NO GI</b>   | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>All Levels</b>                | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>All Levels</b>                   | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>All Levels</b>                         | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>All Levels</b><br><b>NO GI</b> | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>All Levels</b> |        |
| 12pm - 2pm      | <b>Kickboxing Room, Jiu-Jitsu Room, Wrestling Room, Training Rooms 1&amp;2<br/>Reserved for Professional Fighter Training</b> |   |  |  |   |  |        |
| 2pm - 5:30pm    |   |   |  |  |   |  |        |
| 5:30pm - 6:30pm | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>Fundamentals</b><br><b>NO GI</b>  | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>BEGINNER</b>                     | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>Fundamentals</b><br><b>NO GI</b> | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>BEGINNER</b>                              | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>All Levels</b>              |  |        |
| 6:30pm - 7:30pm | <b>Jiu-Jitsu</b><br>(Coach <b>JON FITCH</b> )<br><b>All Levels</b>  | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>Fundamentals</b>                 | <b>Jiu-Jitsu</b><br>(Coach <b>JON FITCH</b> )<br><b>All Levels</b>               | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>Fundamentals</b>                          | <b>Jiu-Jitsu</b><br>(Coach Patrick Welsh)<br><b>Competition Class</b>       |  |        |
| 7:30pm - 8:30pm |   | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>Fundamentals</b><br><b>NO GI</b> |  | <b>Jiu-Jitsu</b><br>(Coach Ron Keslar)<br><b>Fundamentals</b><br><b>NO GI</b>          |   |  |        |
| 8:30pm - 9:30pm | <b>MMA Class</b><br>(Coach Ron Keslar)<br><b>All levels</b>   | <b>MMA Class</b><br>(Coach Reese)<br><b>All levels</b>                        | <b>MMA Class</b><br>(Coach Davin Clark)<br><b>All levels</b>                     | <b>MMA Class</b><br>(Coach Ron Keslar)<br><b>All levels</b><br><b>Technique Drills</b> |   |  |        |
| 10pm            | Closed  | Closed  | Closed   | Closed   | Closed  |  |        |

**Drop-In Fee: \$25.00 Per DAY**

AKA Gym 7012 Realm Drive San Jose, CA 95119  
 Phone (408) 225-9000 Website: WWW.AKAGYM.COM  
 Hours: M-Thurs 8am-10pm. Fri-8am-8pm, Sat 9am-1pm  
 Closed Sundays

**\*\* Note: Coaching substitutions are subject to change without notice**