Class Schedule — Nebraska City

10th Planet Jiu-Jitsu · Wrestling · Self-Defense

1121 Central Ave · Nebraska City, NE

CONSISTENCY is the KEY to SUCCESS.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

Monday	Tuesday	Wednesday	Thursday	Fri / Sat / Sun
Tiny Tigers Jiu-Jitsu (Ages 4–6) 4:30 – 5:15pm		**Tiny Tigers Jiu-Jitsu (Ages 4–6)** 4:30 – 5:15pm		*No classes*
Youth Jiu-Jitsu (Ages 7+) 5:15 – 6:00pm	**Advanced Youth Jiu-Jitsu** 5:15 – 6:00pm	**Youth Jiu-Jitsu (Ages 7+)** 5:15 – 6:00pm	**Advanced Youth Jiu-Jitsu** 5:15 – 6:00pm	*Available for private lessons*
10th Planet Jiu-Jitsu (Advanced) 6:00 – 7:15pm	**Intro to Jiu-Jitsu (101 & 102)** 6:00 – 6:45pm	**10th Planet Jiu-Jitsu (Advanced)** 6:00 – 7:15pm	**Intro to Jiu-Jitsu (101 & 102)** 6:00 – 6:45pm	
	Open Roll* 6:45 – 7:15pm		**Open Roll*** 6:45 – 7:15pm	

**Open Roll is a 30-minute session for Beginner Program graduates, immediately following the beginner class.*

It takes 21–28 days to create a new habit. TRAIN OFTEN.

Still not training? Jiu-Jitsu changes lives. Take a trial class today — text 402-612-6916

FREE TRIAL CLASS

Scan the code — or tap here on your phone — to claim yours

https://simsdojo.app/s/sims-dojo-nebraska-city?trial=1