

CLASSES SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Fundamental BJJ		Fundamental BJJ	NOGI	
9:00/9:45		Krav Maga 9:30am		Krav Maga 9:30am		JuniorBJJ 6-8 y/o Group A
10:00/10:45		Open Mat 10:30-12pm		Open Mat 10:30-12pm		kidsBJJ 9-11 y/o Group B
11:00						RoundsBJJ
12:00/13:00	Fundamental BJJ	Advanced BJJ	Fundamental BJJ	Advanced BJJ	NOGI	
16:15/17:00	kidsBJJ 9-11 y/o Group A	Youth BJJ 12-15 y/o Group A 4pm-5pm	JuniorBJJ 6-8 y/o Group A	Youth BJJ 12-15 y/o Group A 4pm-5pm	kidsBJJ 9-11 y/o Group A	
17:15	JuniorBJJ 6-8 y/o Group B	Youth BJJ 12-15 y/o Group B 5pm-6pm	kidsBJJ 9-11 y/o Group B	Youth BJJ 12-15 y/o Group B 4pm-5pm	JuniorBJJ 6-8 y/o Group B	
18:00	Advanced BJJ	Fundamental BJJ	Advanced BJJ	Fundamental BJJ	NOGI	
19:00	Fundamental BJJ	Advanced BJJ	Fundamental BJJ	Advanced BJJ	Competition	
20:30/21:30	Adult Kickboxing	Krav Maga	Adult Kickboxing	Krav Maga		