

CLASSES SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Fundamental BJJ		Fundamental BJJ		
9:00/9:45						JuniorBJJ 6-8 y/o Group A
10:00/10:45						kidsBJJ 9-11 y/o Group B
11:00	Open Mat		Open Mat			RoundsBJJ
12:00/13:00	Fundamental BJJ	Advanced BJJ	Fundamental BJJ	Advanced BJJ	NOGI	Adult Kickboxing
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 5pm-6pm	JuniorBJJ 6-8 y/o Group B	
18:00	Advanced BJJ	Fundamental BJJ Intro BJJ	Advanced BJJ	Fundamental BJJ IntroBJJ	NOGI	
19:00	Fundamental BJJ Intro BJJ	Advanced BJJ	Fundamental BJJ Intro BJJ	Advanced BJJ	Competition	
20:00	Adult Kickboxing	RoundsBJJ	Adult Kickboxing	RoundsBJJ		

