

# WEEKLY SCHEDULE

**MONDAY**

**5PM - 550PM**

**KIDS BJJ (8-12 yrs)**

**615PM - 730PM**

**FUNDAMENTALS BJJ**

**TUESDAY**

**9AM - 1030AM.**

**MIXED BJJ**

**5PM - 610PM**

**INTRO TO BJJ**

**630PM - 745PM**

**MIXED BJJ**

**WEDNESDAY**

**5PM - 550PM**

**KIDS BJJ (8-12 yrs)**

**615PM - 730PM**

**FUNDAMENTALS BJJ**

**730PM - 830PM**

**NO-GI OPEN MAT**

**THURSDAY**

**9AM - 1030AM**

**MIXED BJJ**

**5PM - 610PM**

**INTRO TO BJJ**

**630PM - 8PM**

**COMPETITION CLASS**

**FRIDAY**

**5PM - 550PM**

**KIDS BJJ (8-12 yrs)**

**615PM - 745PM**

**FUNDAMENTALS BJJ**

**SATURDAY**

**1030AM - 1230PM OPEN MAT**

**SUNDAY**

**8AM - 10AM**

**PRIVATE / GROUP WORKSHOP AVAILABLE**