



## CLASS SCHEDULE

### KIDS

MONDAY:

5:30-6:15 PM: GI

TUESDAY:

5:30-6:15 PM: NO GI

WEDNESDAY:

5:30-6:15 PM: GI

THURSDAY:

5:30-6:15 PM: NO GI

### OPEN MAT

FRIDAY:

6:30-7:30 PM

### ADULT

MONDAY:

11:00 AM: MORNING BJJ

6:30-7:45 PM: ALL LEVEL GI

TUESDAY:

6:30-7:30 PM: BEGINNER NO GI

7:30-8:30 PM: ADVANCED NO GI

WEDNESDAY:

11:00 AM: MORNING BJJ

6:30-7:30 PM: BEGINNER GI

7:30-8:30 PM: ADVANCED GI

THURSDAY:

6:30-7:45 PM: ALL LEVEL NO GI

FRIDAY:

11:00 AM: MORNING BJJ

\*\* PRIVATE LESSONS FOR BJJ, MMA, AND STRIKING AVAILABLE OUTSIDE OF SCHEDULED CLASS TIMES \*\*

UPDATED 8.24.17

