

WEEKLY SCHEDULE



MON

6:00AM - 7:30AM **ADULTS BJJ**
4:15PM - 5:00PM **LIL KEIKI BJJ (6-9YRS)**
5:00PM - 6:00PM **KIDS BJJ (10+)**
6:00PM - 7:30PM **ADULTS BJJ**
7:30PM - 8:30PM **BJJ BASICS**

TUE

6:00AM - 7:30AM **ADULTS NO GI**
4:15PM - 5:00PM **LIL KEIKI NO GI (6-9 YRS)**
5:00PM - 6:00PM **KIDS NO GI (10+)**
6:00PM - 7:30PM **ADULTS NO GI**

WED

6:00AM - 7:30AM **ADULTS BJJ**
4:30PM - 5:00PM **TINY TOTS (3-5YRS)**
5:00PM - 6:00PM **KIDS BJJ (10+)**
6:00PM - 7:30PM **ADULTS BJJ**
7:30PM - 8:30PM **BJJ BASICS**

THU

6:00AM - 7:30AM **ADULTS NO GI**
4:30PM - 5:00PM **TINY TOTS (3-5 YRS)**
5:00PM - 6:00PM **KIDS NO GI (10+)**
6:00PM - 7:30PM **ADULTS NO GI**

FRI

6:00AM - 7:30AM **ADULTS BJJ**
4:15PM - 5:00PM **LIL KEIKI BJJ (6-9YRS)**
5:00PM - 6:00PM **KIDS BJJ (10+)**
6:00PM - 7:30PM **WOMENS BJJ**

SAT

8:00AM - 9:00AM **WOMENS NO GI**
9:00AM - 10:00AM **MIXED KIDS CLASS**
10:00AM - 11:00AM **OPEN MAT NO GI**

SUN

10:00AM - 11:30AM **ADULTS LEG LOCKS**