



CLASS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT
6 AM	All Levels BJJ (Gi Optional)	All Levels BJJ (Gi Optional)	All Levels BJJ (Gi Optional)		All Levels BJJ (Gi Optional)	
8:30 AM						Lil Ninjas (5-6 years)
9 AM						Kids & Teens BJJ
10 AM		BJJ Gi All Levels		BJJ Gi All Levels		No-Gi All Levels
11 AM						BJJ Gi All Levels
12 NOON	No-Gi All Levels	BJJ Gi Fundamentals	BJJ Gi Fundamentals	No-Gi All Levels	BJJ Gi Fundamentals	
4:30 PM				Teens BJJ		
5 PM	Kids & Teens BJJ	Lil Ninjas (5-6 years)	Kids & Teens BJJ			
5:30 PM		Kids & Teens BJJ / MMA Fundamentals		Ladies Only BJJ / MMA Fundamentals	No-Gi All Levels	
6 PM	BJJ Gi Fundamentals		No-Gi All Levels			
6:30 PM		BJJ Gi All Levels		BJJ Gi Fundamentals	BJJ Sparring	
7 PM	BJJ Gi All Levels		BJJ Gi Fundamentals			
7:30 PM		No-Gi All Levels		BJJ Gi All Levels		