

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am							Team Practice 8:30 - 10:30
10:30am						White Belt BJJ 6-13 Years Old 10:30 - 11:15	
11:00am							
11:30am	FUNDamentals BJJ		FUNDamentals BJJ			FUNDamentals BJJ	
12:00pm	11:30 - 12:30	FUNDamentals BJJ	11:30 - 12:30	FUNDamentals BJJ	NoGi 12:00 - 1:00	11:30 - 12:30	
12:30pm	Intermediate BJJ	12:00 - 1 :00	NoGi 12:30 - 1:30	12:00 - 1:00		Intermediate / Advanced BJJ	
1:00pm	12:30 - 1:30					12:30 - 2:00	
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm		Jr. Advanced BJJ		Jr. Advanced BJJ	Jr. Advanced BJJ		
5:30pm	White Belt BJJ 6-13 Years Old 5:15 - 6:00	9-14 Years Old 5:00 - 6:00	White Belt BJJ 6-13 Years Old 5:15 - 6:00	9-14 Years Old 5:00 - 6:00	9-14 Years Old 5:00 - 6:00		
6:00pm	FUNDamentals BJJ	Intermediate / Advanced BJJ	FUNDamentals BJJ	Intermediate / Advanced BJJ	NoGi	6:00 - 7:00	
6:30pm	6:00 - 7:00	6:00 - 7:30	6:00 - 7:00	6:00 - 7:30			
7:00pm	Intermediate BJJ		NoGi				
7:30pm	7:00 - 8:00	FUNDamentals BJJ	7:00 - 8:00	FUNDamentals BJJ			
8:00pm		7:30 - 8:30		7:30 - 8:30			

