

# CLASS SCHEDULE

Kids - Ages 4-7 / Juniors - Ages 8-14 / Adults - All Levels



## MONDAY

6:00-7:00 AM Adults Gi  
4:45-5:30 PM Kids Gi  
5:30-6:30 PM Juniors Gi  
6:30-7:30 PM Adults Gi

## TUESDAY

4:45-5:30 PM Kids Gi  
5:30-6:30 PM Juniors Gi  
6:30-7:30 PM Adults Gi

## WEDNESDAY

6:00-7:00 AM Adults No Gi  
4:45-5:30 PM Kids Gi  
5:30-6:30 PM Juniors Gi  
6:30-7:30 PM Adults Gi

## THURSDAY

4:45-5:30 PM Kids No Gi  
5:30-6:30 PM Juniors No Gi  
6:30-7:30 PM Adults No Gi



## FRIDAY

6:00-7:00 AM Adults No Gi  
5:00-6:15 PM  
Juniors BJJ Wrestling  
6:30-7:30 PM  
Adults BJJ Wrestling

## SATURDAY

1:00-2:30 PM  
Adults No-Gi

## SUNDAY

1:00-2:30 PM  
Adults Gi

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