



BJJ WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		NO-GI					
1:00 PM	NO-GI	YES-GI	NO-GI	YES-GI	NO-GI	WOMEN'S ONLY (NO-GI)	
BREAK							
5:00 PM					KIDS BEGINNER NO-GI	KIDS BEGINNER NO-GI NO-GI ECOLOGICAL	KIDS BEGINNER NO-GI NO-GI ECOLOGICAL
6:00 PM					KIDS INTERMEDIATE NO-GI	KIDS INTERMEDIATE NO-GI NO-GI ECOLOGICAL	KIDS INTERMEDIATE NO-GI NO-GI ECOLOGICAL
7:00 PM	BJJ BEGINNERS NO-GI	BJJ BEGINNERS NO-GI	BJJ BEGINNERS NO-GI	BJJ BEGINNERS NO-GI	S&C (GYM)	BJJ BEGINNERS NO-GI	
8:00 PM	NO-GI	TEN-ROUND TUESDAYS (NO-GI)	NO-GI	NO-GI	LEGLOCKS (MAT 1)	GI (MAT 2)	
9:00 PM	NO-GI SPARRING	TEN-ROUND TUESDAYS (NO-GI)	NO-GI SPARRING	NO-GI SPARRING	OPEN MATS		

