

Schedule (As of Jan. 2010)

Monday	Tuesday	Wednesday	Thursday	Friday
	Gi - Adult All Levels 11:00am-12:00pm	11:00am-12:00pm	Gi - Adult All Levels 11:00am-12:00pm	
		Experiment Class Gi - Adult All Levels 3:30pm-4:30pm		
	Kids BJJ 4:30pm-5:00pm		Kids BJJ 4:30pm-5:00pm	
	Coming Soon Womens Only Class 6:30pm-7:30pm			Adult Open Mat Gi - All Levels 4:30pm-6:30pm
6:00pm-7:00pm		6:00pm-7:00pm		
Gi - Adult Beginner 7:30pm-8:30pm	Gi - Adult Beginner 7:30pm-8:30pm	No-Gi - Adult Beginner 7:30pm-8:30pm	Gi - Adult Beginner 7:30pm-8:30pm	
Gi - Adult Advanced 8:30pm-9:30pm	Gi - Adult Advanced 8:30pm-9:30pm	No-Gi - Adult Advanced 8:30pm-9:30pm	Gi - Adult Advanced 8:30pm-9:30pm	

(Privates and Semi Privates to be scheduled around current clas

	Adult Gi Classes (Age 13+)
	Adult No-Gi Classes (Age 13+)
	Womens Only Class Coming Soon!
	Kids BJJ (Age 5-12)
	Unavailable for Privates



Saturday



Gi - Adult
All Levels
Mobility / Strength
12:00pm-1:30pm

2:00pm-3:30pm

ss times)

