

BRAZILIAN JIU JITSU

schedule of classes

● Monday

6:30am- BJJ No Gi
11:30am- BJJ Gi Foundations
6:30p- BJJ Gi Level 1
7:30p- BJJ No Gi Level 1

● Tuesday

5:30am- BJJ No Gi
10:30am- BJJ No Gi
6:30p- BJJ Competition
7:30p- BJJ Competition

● Wednesday

6:30am- BJJ No Gi
11:30am- BJJ Gi Foundations
6:30p- BJJ Live Roll
7:30p- BJJ No Gi Level 1

● Thursday

5:30am- BJJ No Gi
10:30am- BJJ No Gi
6:30p- BJJ No Gi Live Roll
7:30p- BJJ No Gi

● Friday

6:30am- BJJ No Gi Live Roll
11:30am- BJJ Gi Situational
Live

● Saturday

9:00am- BJJ Gi
10:00am- BJJ Open Mat

