

TIGER SHARK BRAZILIAN JIU-JITSU

SCHEDULE

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|--|---|--|---|---|--|
| | | | | | |
| | | | | | |
| BJJ (Teenagers & Adults) 11:00am - 12:00pm | BJJ (Teenagers & Adults) 11:00am - 12:00pm | BJJ (Teenagers & Adults) 11:00am - 12:00pm | BJJ (Teenagers & Adults) 11:00am - 12:00pm | BJJ <u>NOGI</u> (Teenagers & Adults) 11:00am - 12:00pm | BJJ (Teenagers & Adults) 11:00am - 12:15pm |
| | | | | | |
| | | | | Kids Little NOGI (5-8 yrs) 5:00- 6:00 pm | |
| Kids Juniors (9-13 yrs) 5:30 - 6:30 pm | Kids Little (5-8 yrs) 5:30 - 6:30 pm | Kids Juniors (9-13 yrs) 5:30 - 6:30 pm | Kids Little (5-8 yrs) 5:30 - 6:30 pm | Kids Juniors NOGI (9-13 yrs) 6:00 - 7:00 pm | |
| BJJ (Teenagers & Adults) 6:30 -7:45pm | BJJ (Teenagers & Adults) 6:30 -7:30pm | BJJ (Teenagers & Adults) 6:30 -7:45pm | BJJ (Teenagers & Adults) 6:30 -7:30pm | BJJ <u>NOGI</u> (Teenagers & Adults) 7:00 - 8:00pm | |
| | Fitness Kickboxing (kids 11 yrs and up & Adults) 7:30-8:45pm | | Fitness Kickboxing (kids 11 yrs and up & Adults) 7:30-8:45pm | | |