

ADULT SCHEDULE

MONDAY

Adult BJJ	Level 2	Mat 1	6:30 PM	85 Min
Adult BJJ	Level 1	Mat 2	7:30 PM	40 Min

TUESDAY

Adult BJJ	ALL	Mat 2	12:00 PM	55 Min
Adult BJJ	Level 1	Mat 2	6:30 PM	40 Min
NoGi	Level 2	Mat 1	6:30 PM	85 Min
Kickboxing	ALL	Mat 2	7:45 PM	40 Min

WEDNESDAY

Adult BJJ	ALL	Mat 2	6:00 AM	55 Min
Wrestling	Level 2	Mat 1	6:30 PM	55 Min
Adult BJJ	Level 1	Mat 2	7:30 PM	40 Min

THURSDAY

Adult BJJ	Level 1	Mat 2	6:30 PM	40 Min
Adult BJJ	Level 2	Mat 1	6:30 PM	85 Min
Kickboxing	ALL	Mat 2	7:45 PM	40 Min

FRIDAY

NoGi	ALL	Mat 2	12:00 PM	55 Min
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SATURDAY

Adult BJJ	Level 1	Mat 2	9:00 AM	40 Min
Adult BJJ	Level 2	Mat 1	10:30 AM	55 Min
Wrestling	Level 2	Mat 1	11:30 AM	55 Min
Kickboxing	ALL	Mat 2	12:15 PM	40 Min