



# ADULT SCHEDULE



## Monday

**Mat 1**    **Submission Grappling | All-Levels**    **6:00 AM**  
Beginner to Advanced Adults & Teens 14+ (1hr)

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**Mat 1**    **Brazilian Jiu-Jitsu | Level 3**    **6:30 PM**  
Advanced Adults & Teens 14+ (1 hr)

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**Mat 1**    **Brazilian Jiu-Jitsu | Level 2**    **7:30 PM**  
Intermediate to Advanced Adults & Teens 14+ (1hr)

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**Mat 2**    **Brazilian Jiu-Jitsu | Level 1**    **7:30 PM**  
Beginner Adults & Teens 14+ (45min)

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## Tuesday

**Mat 1**    **Brazilian Jiu-Jitsu | All-Levels**    **12:00 PM**  
Beginner to Advanced Adults & Teens 14+ (1hr)

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**Mat 2**    **Brazilian Jiu-Jitsu | Level 1**    **6:30 PM**  
Beginner Adults & Teens 14+ (45min)

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**Mat 1**    **Submission Grappling | Level 2**    **6:30 PM**  
Intermediate to Advanced Adults & Teens 14+ (1hr)

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**Mat 2**    **Kickboxing | Resumes Jan23**    **7:15 PM**  
Beginner to Advanced Adults & Teens 14+ (45 min)

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## Wednesday

**Mat 1**    **Wrestling (NoGi Takedowns) | Level 2**    **6:30 PM**  
Intermediate to Advanced Adults & Teens 14+ (1hr)

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**Mat 2**    **Brazilian Jiu-Jitsu | Level 1**    **7:30 PM**  
Beginner Adults & Teens 14+ (45min)

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## Thursday

**Mat 1**    **Brazilian Jiu-Jitsu | All-Levels**    **6:00 AM**  
Beginner to Advanced Adults & Teens 14+ (1hr)

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**Mat 2**    **Brazilian Jiu-Jitsu | Level 1**    **6:30 PM**  
Beginner Adults & Teens 14+ (45min)

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**Mat 1**    **Brazilian Jiu-Jitsu | Level 2**    **6:30 PM**  
Intermediate to Advanced Adults & Teens 14+ (1hr)

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# ADULT SCHEDULE



<b>Thursday</b> (Continued)	<b>Mat 2</b>	<b>Kickboxing   Resumes Jan23</b> Beginner to Advanced Adults & Teens 14+ (45 min)	<b>7:15 PM</b>
	<b>Mat 1</b>	<b>Brazilian Jiu-Jitsu   Level 3</b> Advanced Adults & Teens 14+ (1 hr)	<b>7:30 PM</b>
<b>Friday</b>	<b>Mat 1</b>	<b>Submission Grappling   All-Levels</b> Beginner to Advanced Adults & Teens 14+ (1hr)	<b>12:00 PM</b>
<b>Saturday</b>	<b>Mat 2</b>	<b>Brazilian Jiu-Jitsu   Level 1</b> Beginner Adults & Teens 14+ (45min)	<b>9:00 AM</b>
	<b>Mat 2</b>	<b>Brazilian Jiu-Jitsu   Level 2</b> Intermediate to Advanced Adults & Teens 14+ (1hr)	<b>10:30 AM</b>
	<b>Mat 1</b>	<b>Brazilian Jiu-Jitsu   Level 3</b> Advanced Adults & Teens 14+ (1 hr)	<b>10:30 AM</b>
	<b>Mat 1</b>	<b>Wrestling (NoGi Takedowns)   Level 2</b> Intermediate to Advanced Adults & Teens 14+ (1hr)	<b>11:30 AM</b>
	<b>Mat 2</b>	<b>Kickboxing   Resumes Jan23</b> Beginner to Advanced Adults & Teens 14+ (45 min)	<b>12:15 PM</b>