



For Program Levels and Training Plans - Talk to your Coach

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brazilian Jiu Jitsu: Beginners Level Workout Schedule					
6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM		
Brazilian Jiu Jitsu: 6+ Months Schedule					
6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM		9:30 AM - 10:30 AM
7:50 PM - 9:15 PM		7:50 PM - 9:15 PM			12:00 PM - 1:30 PM