



For Program Levels and Training Plans - Talk to your Coach

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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: Intermediate 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		
7:50 PM - 9:15 PM		7:50 PM - 9:15 PM			
Brazilian Jiu Jitsu: Advanced 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		9:30 AM - 10:30 AM
7:50 PM - 9:15 PM		7:50 PM - 9:15 PM			