

# APEX HOUSE OF GRAPPLING'S SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	INTRO TO MMA 11:00 AM – 12:00PM  ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 12:00-1:00 PM		INTRO TO MMA 11:00 AM – 12:00PM  ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 12:00-1:00 PM			WRESTLING PRACTICE 9:30-10:30 AM
	KIDS JIU JITSU (8-13 yr. olds)  5:00-6:00 PM		KIDS JIU JITSU (8-13 yr. olds)  5:00-6:00 PM	OPEN MAT  <b>ALL LEVELS</b> 5-6:30 PM	ADVANCED NO-GI <b>INVITE ONLY</b> 10:30-12:00 PM	OPEN MAT <b>ALL LEVELS</b> 10:30-12:00 PM
ADULT <b>FUNDAMENTAL</b> JIU JITSU 6:00 – 7:00PM  ADULT <b>ADVANCED</b> JIU JITSU (GI) 7:00- 8:30 PM	ADULT <b>FUNDAMENTAL</b> JIU JITSU / INTRO TO MMA 6:00 – 7:00PM  ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 7:00 – 8:00 PM	ADULT <b>FUNDAMENTAL</b> JIU JITSU 6:00 – 7:00PM  ADULT <b>ADVANCED</b> JIU JITSU (GI) 7:00- 8:30 PM	ADULT <b>FUNDAMENTAL</b> JIU JITSU / INTRO TO MMA 6:00 – 7:00PM  ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 7:00 – 8:00 PM			

