

APEX HOUSE OF GRAPPLING'S SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADULT NO-GI ALL LEVELS 12:00-1:00 PM	INTRO TO MMA 11:00 AM – 12:00PM ADULT NO-GI ALL LEVELS 12:00-1:00 PM	ADULT NO-GI ALL LEVELS 12:00-1:00 PM	INTRO TO MMA 11:00 AM – 12:00PM ADULT NO-GI ALL LEVELS 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 ALL LEVELS 5-6:30 PM	ADVANCED NO-GI BLUE BELT AND ABOVE 10:30-12:00 PM	OPEN MAT ALL LEVELS 10:30-12:00 PM
FUNDAMENTAL GI ALL LEVELS 6:00 – 7:00PM	FUNDAMENTAL NO-GI / INTRO TO MMA ALL LEVELS 6:00 – 7:00PM	FUNDAMENTAL GI ALL LEVELS 6:00 – 7:00PM	FUNDAMENTAL NO-GI / INTRO TO MMA ALL LEVELS 6:00 – 7:00PM			
ADVANCED GI BLUE BELT AND ABOVE 7:00- 8:00 PM	ADVANCED NO-GI BLUE BELT AND ABOVE 7:00 – 8:00 PM	ADVANCED GI BLUE BELT AND ABOVE 7:00- 8:00 PM	ADVANCED NO-GI BLUE BELT AND ABOVE 7:00 – 8:00 PM			