

APEX HOUSE OF GRAPPLING'S SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					ADULT CLASS ALL LEVELS (GI) 10:30- 11:30 AM	OPEN MAT ALL LEVELS 10:30-12 PM
LITTLE HOGS BJJ (5-9 yr. olds) 4:30-5:30 PM	KIDS BJJ (9-13 yr. olds) 5:30-6:30 PM	LITTLE HOGS BJJ (5-9 yr. olds) 4:30-5:30 PM	KIDS BJJ (9-13 yr. olds) 5:30-6:30 PM	OPEN MAT ALL LEVELS 5-6:30 PM	ADVANCED SPARRING 11:30-12:15 PM	
ADULT FUNDAMENTAL BJJ 6:00 – 7:00PM		ADULT FUNDAMENTAL BJJ 6:00 – 7:00PM				
ADULT ADVANCED BJJ (GI) 7:00- 8:30 PM	ADULT NO-GI ALL LEVELS 7:00 – 8:00 PM	ADULT ADVANCED BJJ (GI) 7:00- 8:30 PM	ADULT NO-GI ALL LEVELS 7:00 – 8:00 PM			