

**APEX HOUSE OF
GRAPPLING'S
SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	ADULT FUNDAMENTAL BJJ 12:00-1:00 PM ADVANCED SPARRING 1:00-1:30 PM		ADULT FUNDAMENTAL BJJ 12:00-1:00 PM ADVANCED SPARRING 1:00-1:30 PM		WRESTLING PRACTICE 9:30-10:30 AM	
LITTLE HOGS BJJ (5-9 yr. olds) 4:30-5:30 PM	KIDS BJJ (9-13 yr. olds) 5:00-6:00 PM	LITTLE HOGS BJJ (5-9 yr. olds) 4:30-5:30 PM	KIDS BJJ (9-13 yr. olds) 5:00-6:00 PM	OPEN MAT ALL LEVELS 5-6:30 PM	ADULT CLASS ALL LEVELS (GI) 10:30-11:30 AM ADVANCED SPARRING 11:30-12:15 PM	OPEN MAT ALL LEVELS 10:30-12 PM
ADULT FUNDAMENTAL BJJ 6:00 – 7:00PM	ADULT FUNDAMENTAL BJJ 6:00 – 7:00PM	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			