

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) ALL LEVELS 12:00-1:00 PM		INTRO TO MMA 11:00 AM – 12:00PM ADULT NO-GI (SUBMISSION WRESTLING) ALL LEVELS 12:00-1:00 PM		INTRO TO MMA 9:30 – 10:30 AM	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 INVITE ONLY 10:30-12:00 PM	OPEN MAT ALL LEVELS 10:30-12:00 PM
ADULT FUNDAMENTAL JIU JITSU 6:00 – 7:00PM ADULT ADVANCED JIU JITSU (GI) 7:00- 8:30 PM	ADULT FUNDAMENTAL JIU JITSU / INTRO TO MMA 6:00 – 7:00PM ADULT NO-GI (SUBMISSION WRESTLING) ALL LEVELS 7:00 – 8:00 PM	ADULT FUNDAMENTAL JIU JITSU 6:00 – 7:00PM ADULT ADVANCED JIU JITSU (GI) 7:00- 8:30 PM	ADULT FUNDAMENTAL JIU JITSU / INTRO TO MMA 6:00 – 7:00PM ADULT NO-GI (SUBMISSION WRESTLING) ALL LEVELS 7:00 – 8:00 PM			