

APEX HOUSE OF GRAPPLING'S SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	ADULT NO-GI (SUBMISSION WRESTLING) ALL LEVELS 12:00-1:00 PM		ADULT NO-GI (SUBMISSION WRESTLING) 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 (8-13 yr. olds) 5:00-6:00 PM	OPEN MAT ALL LEVELS 5-6:30 PM	ADVANCED NO-GI INVITE ONLY 10:30-11:45 AM	OPEN MAT ALL LEVELS 10:30-12 PM
ADULT FUNDAMENTAL JIU JITSU 6:00 – 7:00PM	ADULT FUNDAMENTAL JIU JITSU 6:00 – 7:00PM	ADULT FUNDAMENTAL JIU JITSU 6:00 – 7:00PM	ADULT FUNDAMENTAL JIU JITSU 6:00 – 7:00PM			
ADULT ADVANCED JIU JITSU (GI) 7:00- 8:30 PM	ADULT NO-GI (SUBMISSION WRESTLING) ALL LEVELS 7:00 – 8:00 PM	ADULT ADVANCED JIU JITSU (GI) 7:00- 8:30 PM	ADULT NO-GI (SUBMISSION WRESTLING) ALL LEVELS 7:00 – 8:00 PM			