

# APEX HOUSE OF GRAPPLING'S SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 12:00-1:00 PM		ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 12:00-1:00 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  <b>ALL LEVELS</b> 5-6:30 PM	ADULT CLASS <b>ALL LEVELS</b> (GI) 10:30-11:30 AM  ADVANCED SPARRING 11:30-12:15 PM	OPEN MAT <b>ALL LEVELS</b> 10:30-12 PM
ADULT <b>FUNDAMENTAL</b> BJJ 6:00 – 7:00PM	ADULT <b>FUNDAMENTAL</b> BJJ 6:00 – 7:00PM	ADULT <b>FUNDAMENTAL</b> BJJ 6:00 – 7:00PM	ADULT <b>FUNDAMENTAL</b> BJJ 6:00 – 7:00PM			
ADULT <b>ADVANCED</b> BJJ (GI) 7:00- 8:30 PM	ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 7:00 – 8:00 PM	ADULT <b>ADVANCED</b> BJJ (GI) 7:00- 8:30 PM	ADULT NO-GI (SUBMISSION WRESTLING) <b>ALL LEVELS</b> 7:00 – 8:00 PM			