



Daily Schedule

apexgrappling.com

773.707.5191

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN MAT (10:30-11:30 AM)						Adult Fundamentals BJJ (1030-1130 AM)
	Jr. Kids BJJ 5-8 yr. olds (4:30-5:20 PM)		Jr. Kids BJJ 5-8 yr. olds (4:30-5:20 PM)			Advanced Sparring (1130-12 PM)
	Kids Class BJJ 9-13 yr. olds (5:30- 6:30 PM)	Fundamental Kids Class BJJ 9-13 yr. olds (5:30-6:30 PM)	Kids Class BJJ 9-13 yr. olds (5:30- 6:30 PM)	Fundamental Kids Class BJJ 9-13 yr. olds (5:30-6:30 PM)	Open Mat for KIDS & ADULTS (5-6PM)	
	Adult Fundamentals BJJ (7-8 PM)	Adult No-GI BJJ (7-8PM)	Adult Fundamentals BJJ (7-8 PM)	Adult Submission Wrestling (7-8 PM)		
	Advanced Sparring (8-8:30PM)	Advanced Sparring (8-8:30PM)	Advanced Sparring (8-8:30PM)	Advanced Sparring (8-8:30 PM)		

