

# APEX HOUSE OF GRAPPLING'S SCHEDULE

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