

# APEX HOUSE OF GRAPPLING'S SCHEDULE

Monday Gi	Tuesday No Gi	Wednesday Gi	Thursday No Gi	Friday	Saturday	Sunday
	INTRO TO MMA 11:00 AM – 12:00PM  ADULT NO-GI <b>ALL LEVELS</b> 12:00-1:00 PM		INTRO TO MMA 11:00 AM – 12:00PM  ADULT NO-GI <b>ALL LEVELS</b> 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 JIU JITSU (8-13 yr. olds)  5:00-6:00 PM	OPEN MAT <b>ALL            LEVELS</b> 5-6:30 PM	ADVANCED NO-GI <b>BLUE BELT AND            ABOVE</b> 10:30-12:00 PM	OPEN MAT <b>ALL LEVELS</b> 10:30-12:00 PM
FUNDAMENTAL GI <b>ALL LEVELS</b> 6:00 – 7:00PM	FUNDAMENTAL NO-GI / INTRO TO MMA <b>ALL LEVELS</b> 6:00 – 7:00PM	FUNDAMENTAL GI <b>ALL LEVELS</b> 6:00 – 7:00PM	FUNDAMENTAL NO-GI / INTRO TO MMA <b>ALL LEVELS</b> 6:00 – 7:00PM			
ADVANCED GI <b>BLUE BELT AND            ABOVE</b> 7:00- 8:00 PM	ADVANCED NO-GI <b>BLUE BELT AND            ABOVE</b> 7:00 – 8:00 PM	ADVANCED GI <b>BLUE BELT AND            ABOVE</b> 7:00- 8:00 PM	ADVANCED NO-GI <b>BLUE BELT AND            ABOVE</b> 7:00 – 8:00 PM			