## TIGER SHARK BRAZILIAN JIU-JITSU

## **CARLISLE SCHEDULE**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
BJJ (all level)		BJJ (all level)		BJJ (all level)	Live training
(Teenagers & Adults)		(Teenagers & Adults)		<u>NOGI</u>	BJJ (all level)
11:00am - 12:00pm		11:00am - 12:00pm			(Teenagers & Adults)
				11:00am - 12:00pm	11:00am - 12:00pm
Kids Juniors	Kids Little	Kids Juniors	Kids Little	Kids Little + Juniors	
(9-13 yrs)	(5-8 yrs)	(9-13 yrs)	(5-8 yrs)	<u>NOGI</u>	
5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm	(5-13 yrs)	
				5:30- 6:30 pm	
BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)	
	,	(Teenagers & Adults)	(Teenagers & Adults)	<u>NOGI</u>	
6:30 -7:30pm	6:30 -7:30pm	6:30 -7:30pm	6:30 -7:30pm	(Teenagers & Adults)	
				6:30 - 7:30pm	
	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
	(kids 11 yrs and up & Adults)	(kids 11 yrs and up & Adults)	(kids 11 yrs and up & Adults)		
	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm		