

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