

# TIGER SHARK BRAZILIAN JIU-JITSU

## SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
					<b>Fitness Kickboxing</b> (kids 11 yrs and up & Adults) 10:00-11:00am
<b>BJJ</b> (Teenagers & Adults) 11:00am - 12:00pm	<b>BJJ</b> (Teenagers & Adults) 11:00am - 12:00pm	<b>BJJ</b> (Teenagers & Adults) 11:00am - 12:00pm	<b>BJJ</b> (Teenagers & Adults) 11:00am - 12:00pm	<b>BJJ</b> <b>NOGI</b> (Teenagers & Adults) 11:00am - 12:00pm	<b>BJJ</b> (Teenagers & Adults) 11:00am - 12:15pm
				<b>Kids Little NOGI</b> (5-8 yrs) 5:00- 6:00 pm	
<b>Kids Juniors</b> (9-13 yrs) 5:30 - 6:30 pm	<b>Kids Little</b> (5-8 yrs) 5:30 - 6:30 pm	<b>Kids Juniors</b> (9-13 yrs) 5:30 - 6:30 pm	<b>Kids Little</b> (5-8 yrs) 5:30 - 6:30 pm	<b>Kids Juniors NOGI</b> (9-13 yrs) 6:00 - 7:00 pm	
<b>BJJ</b> (Teenagers & Adults) 6:30 -7:45pm	<b>BJJ</b> (Teenagers & Adults) 6:30 -7:30pm	<b>BJJ</b> (Teenagers & Adults) 6:30 -7:45pm	<b>BJJ</b> (Teenagers & Adults) 6:30 -7:30pm	<b>BJJ</b> <b>NOGI</b> (Teenagers & Adults) 7:00 - 8:00pm	
	<b>Fitness Kickboxing</b> (kids 11 yrs and up & Adults) 7:30-8:30pm		<b>Fitness Kickboxing</b> (kids 11 yrs and up & Adults) 7:30-8:30pm		