## **TIGER SHARK BRAZILIAN JIU-JITSU**

## **CARLISLE SCHEDULE**

<u>MONDAY</u>	<u>TUESDAY</u>	WEDNESDAY	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
BJJ (all level)		BJJ (all level)		BJJ (all level)	
(Teenagers & Adults)		(Teenagers & Adults)		<u>NOGI</u>	
6:00am - 7:00am		6:00am - 7:00am		(Teenagers & Adults) 6:00am - 7:00am	
	Fitness Kickboxing		Fitness Kickboxing		Fitness Kickboxing
	(kids 11 yrs and up &		(kids 11 yrs and up &		(kids 11 yrs and up &
	Adults) 9:30-10:30am		Adults) 9:30-10:30am		Adults) 10:00-11:00am
BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)
(Teenagers & Adults)	(Teenagers & Adults)	(Teenagers & Adults)	(Teenagers & Adults)	NOGI	(Teenagers & Adults)
11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	(Teenagers & Adults) 11:00am - 12:00pm	11:00am - 12:00pm
				11.00aiii - 12.00piii	Advanced training
					BLUE BELTS AND UP
					ONLY
					12:00 - 12:30pm
				Kids Little NOGI (5-8 yrs)	
				5:00- 6:00 pm	
Kids Juniors	Kids Little	Kids Juniors	Kids Little	Kids Juniors NOGI	
(9-13 yrs)	(5-8 yrs)	(9-13 yrs)	(5-8 yrs)	(9-13 yrs)	
5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm	5:30 - 6:30 pm	6:00 - 7:00 pm	
BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)	BJJ (all level)	
(Teenagers & Adults)	(Teenagers & Adults)	(Teenagers & Adults)	(Teenagers & Adults)	NOGI (Teenagers & Adults)	
6:30 -7:30pm	6:30 -7:30pm	6:30 -7:30pm	6:30 -7:30pm	7:00 - 8:00pm	
Advanced training	Fitness Kickboxing	Advanced training	Fitness Kickboxing		
BLUE BELTS AND UP	(kids 11 yrs and up &	BLUE BELTS AND UP	(kids 11 yrs and up &		
ONLY	Adults) 7:30-8:30pm	ONLY	Adults) 7:30-8:30pm		
7:30 - 8:00pm	7.00 0.000	7:30 - 8:00pm	7.00 0.000		