

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) 6:00am - 7:00am		BJJ (all level) (Teenagers & Adults) 6:00am - 7:00am		BJJ (all level) NOGI (Teenagers & Adults) 6:00am - 7:00am	
	Fitness Kickboxing (kids 11 yrs and up & Adults) 9:30-10:30am		Fitness Kickboxing (kids 11 yrs and up & Adults) 9:30-10:30am		Fitness Kickboxing (kids 11 yrs and up & Adults) 10:00-11:00am
BJJ (all level) (Teenagers & Adults) 11:00am - 12:00pm	BJJ (all level) (Teenagers & Adults) 11:00am - 12:00pm	BJJ (all level) (Teenagers & Adults) 11:00am - 12:00pm	BJJ (all level) (Teenagers & Adults) 11:00am - 12:00pm	BJJ (all level) NOGI (Teenagers & Adults) 11:00am - 12:00pm	BJJ (all level) (Teenagers & Adults) 11:00am - 12:00pm
					Advanced training BLUE BELTS AND UP ONLY 12:00 - 12:30pm
				Kids Little NOGI (5-8 yrs) 5:00- 6:00 pm	
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 Juniors NOGI (9-13 yrs) 6:00 - 7:00 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) NOGI (Teenagers & Adults) 7:00 - 8:00pm	
Advanced training BLUE BELTS AND UP ONLY 7:30 - 8:00pm	Fitness Kickboxing (kids 11 yrs and up & Adults) 7:30-8:30pm	Advanced training BLUE BELTS AND UP ONLY 7:30 - 8:00pm	Fitness Kickboxing (kids 11 yrs and up & Adults) 7:30-8:30pm		