



Luiz Palhares

Brazilian Jiu-Jitsu Association



WEEKLY SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 AM			FUNDAMENTALS/ INTERMEDIATE	FUNDAMENTALS/ INTERMEDIATE	FUNDAMENTALS/ INTERMEDIATE		
8:00 AM				BOXING			
9:00 AM							KIDS BOXING
10:00 AM			HOMESCHOOL AGES 5-15	HOMESCHOOL AGES 5-15			ADULT BOXING
11:00 AM		OPEN MAT					OPEN MAT
11:30 AM			FUNDAMENTALS/ INTERMEDIATE	<i>NOGI</i> NO GI CLASS	FUNDAMENTALS/ INTERMEDIATE	<i>NOGI</i> NO GI CLASS	
1:00 PM	<i>NOGI</i> NO GI CLASS			MUAY THAI		MUAY THAI	
4:00 PM				WRESTLING			
5:00 PM			KIDS AGES 4-7 (LITTLE SAMURAI)		KIDS AGES 4-7 (LITTLE SAMURAI)		
5:30 PM		KIDS CLASS (BIG SAMURAI)	KIDS CLASS (BIG SAMURAI)	KIDS CLASS (BIG SAMURAI)	KIDS CLASS (BIG SAMURAI)	KIDS CLASS (BIG SAMURAI)	
6:30 PM						<i>NOGI</i> NO GI CLASS	
7:00 PM		FUNDAMENTALS CLASS	INTERMEDIATE CLASS	FUNDAMENTALS CLASS	INTERMEDIATE CLASS		
8:00 PM		MUAY THAI FUNDAMENTALS CLASS	JUDO FUNDAMENTALS CLASS		FUNDAMENTALS CLASS		

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