

ADULT TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRIVATE LESSONS AVAILABLE	6:00 – 7:00AM NO-GI BJJ	6:00 – 7:00AM NO-GI BJJ	6:00 – 7:00AM NO-GI BJJ	PRIVATE LESSONS AVAILABLE	8:00 – 9:00AM NO-GI BJJ
PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	9:00 – 10:00AM OPEN MAT
5:30 – 6:30PM NO-GI BJJ	5:30 – 6:30PM NO-GI BJJ	5:30 – 6:30PM NO-GI BJJ	5:30 – 6:30PM NO-GI BJJ	5:30 – 6:30PM WRESTLING	10:00 – 11:00AM PING PONG
6:30 – 7:30PM OPEN MAT	6:30 – 7:30PM OPEN MAT	6:30 – 7:30PM OPEN MAT	6:30 – 7:30PM OPEN MAT	6:30 – 7:30PM OPEN MAT	