

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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BRAZILIAN TOP TEAM



11:00 AM

12:30 PM

BJJ GI 11AM-12:30

BJJ Nogi 11AM-12:30

BJJ GI 11AM-12:30

BJJ Nogi 11AM-12:30

BJJ GI 11AM-12:30

Open Mat
12pm-1:30



6:00 PM

6:30 PM

7:00 PM

7:15 PM

8:00 PM

BJJ GI

BJJ Nogi

BJJ GI

BJJ Nogi

6-7:15pm

6-7:15pm

6-7:15pm

6-7:15pm

Kickboxing
7:15-8:15pm

Kickboxing 7:15-8:15pm

Kickboxing
7:15-8:15pm