

J-CREW BJJ CLASS SCHEDULE

MONDAY

12-1pm
Adults BJJ (NOGI)
(all levels)

5-5:45PM
Little Vikings Kids
BJJ
(GI)
(ages 5-8)

5:45-6:45PM
Teens BJJ
(NOGI)
(ages 9-16)

6:45-8:15PM
Adults BJJ
(NOGI)
(All levels)

TUESDAY

5-5:45PM
Little Vikings
Kids BJJ
(NOGI)
(ages 5-8)

5:45-6:45PM
Teens BJJ
(GI)
(ages 9-16)

6:45-8:15PM
Adults BJJ
(GI)
(All levels)

WEDNESDAY

5-5:45PM
Little Vikings Kids
BJJ
(GI)
(ages 5-8)

5:45-6:45PM
Teens BJJ
(NOGI)
(ages 9-16)

6:45-8:15PM
Adults BJJ
(NOGI)
(All levels)

THURSDAY

5:45-6:45PM
Teens BJJ
(GI)
(ages 9-16)

6:45-8:15PM
Adults BJJ
(GI)
(All levels)

FRIDAY

5:30-6:30PM
Kids Boxing

6:30-7:30PM
Adults Boxing