

J-CREW BJJ CLASS SCHEDULE

MON (NO-GI)

12-1:30PM
Adults BJJ
(All levels)

5-5:45PM
Kids BJJ
(ages 5-10)

5:45-6:45PM
Teens BJJ
(ages 10-16)

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

TUE (GI)

5-5:45PM
Kids BJJ
(ages 5-10)

5:45-6:45PM
Teens BJJ
(ages 10-16)

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

WED (NO-GI)

5-5:45PM
Kids BJJ
(ages 5-10)

5:45-6:45PM
Teens BJJ
(ages 10-16)

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

THU (GI)

5:45-6:45PM
Teens BJJ
(ages 10-16)

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

FRI

5:30-6:30PM
Kids Boxing

6:30-7:30PM
Adults Boxing

7:30-8:30PM
Open Mat

