


Class Schedule Fulcrum Brazilian Jiu-Jitsu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
Karate	Karate	Karate	Karate		
Karate	Karate	Karate	Karate		10AM–11AM Mixed Lions Ages 7–14
5:15–6:15 Mixed Lions Ages 7–14	5:15–6:15 Mixed Lions Ages 7–14	5:15–6:15 Mixed Lions Ages 7–14	5:00–6:00 Mixed Lions Ages 7–14		11AM–12:00 Adults Open Mat Ages 15+
6:15–7:15 Adults Gi Beginners Ages 15+	6:15–7:15 Adults Gi Beginners Ages 15+	6:15–7:15 Adults NoGi Beginners Ages 15+	6:00–7:30 Adults Gi Ages 15+		
7:15–8:15 Adults Gi Intermediate/advanced Ages 15+	7:15–8:15 Adults Gi Intermediate/advanced Ages 15+	7:15–8:15 Adults NoGi Intermediate/advanced Ages 15+			 <p>current as of 1.16.20</p>

Legend



Notes

No classes on Friday & Sunday
All kids classes are with the gi (uniform)

Contact info

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