

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7:00-8:00

**BJJ GI
(ALL LEVELS)**

7:00-8:00

**BJJ GI
(ALL LEVELS)**

7:00-8:00

**BJJ GI
(ALL LEVELS)**

12:30-13:30

**BJJ GI
(ALL LEVELS)**

12:30-13:30

**BJJ GI
(ALL LEVELS)**

11:30-13:00

**OPEN MAT
(ALL LEVELS)
GI & NO GI**

18:30-19:45

**BJJ GI
(ALL LEVELS)**

18:30-19:45

**BJJ GI
(BEGINNERS)**

18:30-19:30

**BJJ GI
(WOMEN ONLY)**

18:30-19:45

**BJJ GI
(BEGINNERS)**

18:30-19:45

**BJJ NO GI
(ALL LEVELS)**

20:00-21:00

**BJJ NO GI
(ALL LEVELS)**

20:00-21:00

**BJJ GI
(ADVANCED)**

19:45-21:00

**BJJ NO GI
(ALL LEVELS)**

20:00-21:00

**BJJ GI
(ADVANCED)**

