



STALEY MARTIAL ARTS, Carlson Gracie North Shore

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			6-7am ALL ADULTS BJJ Instructor: Arthur		6-7am ALL ADULTS BJJ Instructor: Larry		10am-1pm ADULT OPEN MAT
9:00 AM						9-10am ADVANCED KIDS BJJ Instructor: Midhad	PRIVATE LESSON Instructor: Arthur
10:00 AM						10-11am ALL ADULTS BJJ Instructor: Midhad	10-11am AGES 7 & UNDER BJJ Instructor: Arthur
11:00 AM						11am-12pm ADULT OPEN MAT All Martial Arts	11am-12pm AGES 8-13 BJJ Instructor: Arthur
12:00 PM		12-1pm ALL ADULTS BJJ Instructor: Larry				PRIVATE LESSON Instructor: Guram	12pm-1pm ALL ADULTS MUAY THAI Instructor: Arthur
4:00 PM	4-5pm AGES 8-13 BJJ Instructor: Guram	4-5pm AGES 7 & UNDER BJJ Instructor: Guram	4-5pm AGES 8-13 BJJ Instructor: Guram	4-5pm AGES 7 & UNDER BJJ Instructor: Guram	4-5pm KIDS - ALL AGES MUAY THAI Instructor: Arthur		
5:00 PM	5-6pm AGES 7 & UNDER BJJ Instructor: Guram	5-6pm AGES 8-13 BJJ Instructor: Guram	5-6pm AGES 7 & UNDER BJJ Instructor: Guram	5-6pm AGES 8-13 BJJ Instructor: Guram	5-6pm KIDS - ALL AGES BJJ Instructor: Arthur		
6:00 PM	6-7pm ALL ADULTS BJJ Instructor: Midhad	6-7pm ALL ADULTS BJJ Instructor: Midhad	6-7pm ALL ADULTS NO GI BJJ Instructor: Guram	6-7pm WOMEN ONLY BJJ Instructor: Hayley	6-7pm ALL ADULTS NO GI BJJ Instructor: Arthur		
7:00 PM		7-8pm BEGINNER ADULT BJJ Instructor: Midhad	7:15-8:15pm ALL ADULTS MUAY THAI & STRIKING Instructor: Guram	7:00-8:30pm ALL ADULTS BJJ Instructor: Midhad	7-8pm ALL ADULTS MUAY THAI Instructor: Arthur		
8:00 PM							



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TO ENROLL OR
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