



SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00- 10:00 am Competition Training	8:00- 10:00 am Competition Training	8:00- 10:00 am Competition Training	8:00- 10:00 am Competition Training	8:00- 10:00 am Competition Training		
					12:00-1:00 pm BJJ	12:00-1:00 pm Kids BJJ
					1:15- 2:15 pm BJJ	1:15- 2:15 pm Kids BJJ
5:30- 6:15pm Kids BJJ		5:30- 6:15pm Kids BJJ				
6:30- 7:15pm Kids BJJ		6:30- 7:15pm Kids BJJ				
7:15-9:00 pm BJJ	7:00-8:00 pm BJJ Fundamentals	7:15-9:00 pm BJJ	7:00-8:00 pm BJJ Fundamentals	7:00-8:00 pm NO GI		
9:00-10:30 pm NO GI	8:15-9:15 pm BJJ	9:00-10:30 pm NO GI	8:15-9:15 pm BJJ	8:15-9:15 pm NO GI		