

316 Weekly Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM							
7:00 AM		All Levels BJJ 6:30-7:30	All Levels BJJ 6:30-7:30	No Gi 6:30-7:30	All Levels BJJ 6:30-7:30		
8:00 AM							
9:00 AM		Women's Self Defense 9:00-10:00		Women's Self Defense 9:00-10:00		Women's Self Defense 9:00-10:00	Members Only Open Mat 8:30-9:30
10:00 AM							Kids Ages 4-8 10:00-10:45
11:00 AM							Kids Ages 9-13 11:00-11:45
12:00 PM		All Levels BJJ 12:00-1:00	All Levels BJJ 12:00-1:00	All Levels BJJ 12:00-1:00	All Levels BJJ 12:00-1:00	No Gi 12:00-1:00	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM		Kids Ages 4-5 4:00-4:45	Kids Ages 4-5 4:00-4:45		Kids No Gi Ages 4-5 4:00-4:45		
5:00 PM		Kids Ages 6-9 5:00-5:50	Kids Ages 6-9 5:00-5:50	Kids Ages 6-9 5:00-5:50	Kids No Gi Ages 6-9 5:00-5:50		
6:00 PM		Kids Ages 10-13 6:00-6:50	Kids Ages 10-13 6:00-6:50	Kids Ages 10-13 6:00-6:50	Kids No Gi Ages 10-13 6:00-6:50	Ladies Only BJJ 6:00-7:00	
7:00 PM		Fundamentals 7:00-8:00	Fundamentals 7:00-8:00	Fundamentals 7:00-8:00	Fundamentals 7:00-8:00		
8:00 PM		Advanced 8:00-9:00	Advanced 8:00-9:00	Advanced 8:00-9:00	No Gi 8:00-9:00		
9:00 PM							