



2022 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Gi All levels		Gi All levels		Gi All levels	
9-10:30AM						Gi All levels
12-1pm		No Gi All levels		Gi All levels		
5-5:50PM	Kids (5-11yo)		Kids (5-11yo)			
6-7PM	Women's Class All levels	Gi Fundamentals	Women's Class All levels		Gi All levels	
7-8 PM	Gi Fundamentals	No Gi All levels	Gi Fundamentals	Gi Intermediate/Advanced		
7-8:30PM						

Fundamentals: Foundational Jiu Jitsu techniques
 Intermediate/Advanced: White Belt 3+ stripes to Black Belt

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