



BRAZILIAN JIU JITSU SCHEDULE

EFFECTIVE JANUARY 1ST, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRAZILIAN JIU-JITSU	<i>BJJ Combatives</i> 10 AM - 11 AM <i>Rolling (sparring)</i> 11 AM - Noon	<i>BJJ (Int./Adv.)</i> 5.30AM - 6.30AM 10 AM - 11 AM <i>Rolling (sparring)</i> (after class)	<i>BJJ (Int./Adv.)</i> 10 AM - 11 AM <i>Rolling (sparring)</i> (after class)	<i>BJJ (Int./Adv.)</i> 5.30AM - 6.30AM 10 AM - 11 AM <i>Rolling (sparring)</i> (after class)	<i>BJJ (Int./Adv.)</i> 10 AM - 11 AM <i>Rolling (sparring)</i> (after class)	<i>BJJ (Int./Adv.)</i> 11 AM - Noon	CLOSED
	<i>BJJ Combatives</i> 6 PM - 7 PM <i>Rolling (sparring)</i> 7 PM - 8 PM	<i>BJJ Combatives</i> 6 PM - 7 PM <i>Rolling</i> 7 PM - 8 PM	<i>Int./Adv. (colored belts)</i> 6 PM - 7 PM <i>Rolling</i> 7 PM - 8 PM	<i>BJJ (Beg./Int.)</i> 6 PM - 7 PM <i>Rolling</i> 7 PM - 8 PM	<i>BJJ (Beg./Int.)</i> 6 PM - 7 PM <i>Rolling</i> 7 PM - 8 PM	<i>BJJ (Beg./Int.)</i> 6 PM - 7 PM <i>Rolling</i> 7 PM - 8 PM	<i>Alternating Gi and NoGi - Bring Both</i>

This schedule may be subject to change

(Int/Adv) = Blue Belt and Up
 Orientation = First Time Students
 Rolling REQUIRES 1 Stripe (or Professor approval)
 M | W | F =Gi.
 T | TH=NoGi

Must have Clean Uniform
 Recommended to bring both Gi, NoGi (rashguard, spats, shorts)
 Please have good hygiene
 Please bring gym flip flops/sliders

Questions?
 Review your student Handbook

Must have APEX Gi

"RSVP" to Coach 📞 (720)827-7087

