



## UPDATED SCHEDULE

### **Kids bjj**

**Mondays and Wednesdays 5pm**

### **Adult bjj**

**Adult gi - Mondays and Wednesdays 6pm-730pm**

**Adult gi fundamentals Tuesdays 6pm – 7pm**

**Adult no gi Thursdays 6pm -730pm**

**Open mat – Saturdays 9am**