

# SCHEDULE



## Our Programs:

- GB1 - Fundamentals & All Levels Classes: Adults any Belt.
- GB2 - Advanced Classes: \*Adults White Belt 3 Stripes and Up.
- Women's BJJ/GB F - A Women's Only Class Focused In Extremely Effective Techniques For Ladies
- LC1 - Little Champions I: Kids 3 years old to 5 years old.
- LC2 - Little Champions II: Kids 6 years old to 8 years old.
- Juniors: Kids 9 years old to 13 years old.
- Advanced Kids: \*Kids 8 yrs and up; \*\*Grey & White belts and up.
- Parents & Kids: all ages - fun and dynamic class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels 6:00 to 7:00am		All Levels 6:00 to 7:00am		All Levels 6:00 to 7:00am	Parents & Kids 9am to 9:50am
Live Training		Live Training		Live Training	GBK - LC2 10am to 10:50am
					GBK - Juniors 10am to 10:50am
GB 1 11am to 12pm	No-Gi 11am to 12pm	GB 1 11am to 12pm	No-Gi 11am to 12pm	GB 1 11am to 12pm	All Levels 11am to 12pm
Live Training	Live Training	Live Training	Live Training	Live Training	Live Training
GBK - LC1 3:20 to 4:00pm	GBK - LC1 3:20 to 4:00pm	GBK - LC1 3:20 to 4:00pm	GBK - LC1 3:20 to 4:00pm		
GBK - LC2 4:10pm to 5pm	Advanced LC2 4:10pm to 5pm	GBK - LC2 4:10pm to 5pm	Advanced LC2 4:10pm to 5pm		
GBK - Juniors 4:10pm to 5pm	Advanced Juniors 4:10pm to 5pm	GBK - Juniors 4:10pm to 5pm	Advanced Juniors 4:10pm to 5pm		
GB 1/GB F 5pm to 6pm	GBK - LC2 5:10pm to 6pm	GB 1/GB F 5pm to 6pm	GBK - LC2 5:10pm to 6pm		
GB 2 Advanced 5pm to 6pm		GB 2 Advanced 5pm to 6pm			
GB 1 No-Gi 6pm to 7pm	GBK - Juniors 6pm to 6:50pm	GB 1 No-Gi 6pm to 7pm	GBK - Juniors 6pm to 6:50pm		
GB 2 No-Gi 6pm to 7pm		GB 2 No-Gi 6pm to 7pm			
Live Training 7pm to 730pm	All Levels GI 7pm to 8pm	Live Training 7pm to 730pm	All Levels GI 7pm to 8pm		
	Live Training		Live Training		