



GROUND DWELLERS JIU-JITSU

WEEKLY CLASS SCHEDULE



TIME	MON	TUE	WED	THU	FRI	SAT
6:00 – 7:00 AM	BJJ 16+	BJJ 16+	BJJ 16+	BJJ 16+	BJJ 16+	.
9:00 – 10:00 AM	MMA 13+	MMA 13+	MMA 13+	MMA 13+	MMA 13+	.
11:00 AM – 12:00 PM	BJJ 16+	BJJ 16+	BJJ 16+	BJJ 16+	BJJ 16+	Open Mat 11 AM – 1 PM
5:30 – 6:00 PM	Jumpstart 4–5	.	Jumpstart 4–5	.	.	.
5:30 – 6:30 PM	Kids 6+	Kids 6+	Kids 6+	Kids 6+	.	.
6:00 – 6:30 PM	Beginners 16+	.	Beginners 16+	.	.	.
6:30 – 7:30 PM	BJJ 16+	BJJ 16+ + MMA	BJJ 16+ + MMA	BJJ 16+ + MMA	.	.
7:30 – 8:30 PM	Judo 7+	.	Judo 7+	.	.	.
8:00 – 9:00 PM	.	Bahala Na	.	Bahala Na	.	.