

# 2021 Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Gi		Gi		Gi	
9-10:30AM						Gi
11AM-12PM		No Gi	Black Belt Training	Gi		
4-4:45	Kids (3-6yo)		Kids (3-6yo)			
5-5:45PM	Kids (7-11yo)		Kids (7-11yo)			
6-7PM	Women's Class all levels		Women's Class all levels			
7-8PM		Gi Inter/Advanced		Gi Inter/Advanced		
7:15-8:15pm	Gi Fundamentals		Gi Fundamentals			
8-9PM		No Gi (Coach Richard)		No Gi (Coach Richard)		

Fundamentals: Foundational Jiu Jitsu techniques

Intermediate/Advanced: White Belt 3+ stripes to Black Belt