



ELITE MARTIAL ARTS BJJ SCHEDULE

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Effective September 9, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 AM <i>BRAZILIAN JIU JITSU</i>	12:00-1:00 <i>BRAZILIAN JIU JITSU</i>	6:00-7:00 AM <i>BRAZILIAN JIU JITSU</i>	12:00-1:00 <i>BRAZILIAN JIU JITSU</i>		12:00-1:00 <i>BRAZILIAN JIU JITSU</i>
6:00-7:00 PM <i>Children BJJ</i>		6:00-7:00 PM <i>Children BJJ</i>		6:00-7:00 PM <i>BJJ Woman's Only</i>	1:00-2:00 <i>BJJ OPEN MAT</i>
<i>BJJ Fundamentals</i>	6:30-7:30 <i>Junior BJJ</i>	<i>BJJ Fundamentals</i>	6:30-7:30 <i>Junior BJJ</i>	6:30 - 7:30 <i>BJJ Child/Jr No Gi</i>	
7:00-8:00 <i>BJJ Adult No Gi</i>	7:30-8:30 <i>BRAZILIAN JIU JITSU</i>	7:00-8:00 <i>BJJ Adult Advanced Class</i>	7:30-8:30 <i>BRAZILIAN JIU JITSU</i>	7:30-8:30 <i>BJJ Competition Team</i>	
8:00-9:00 <i>BJJ OPEN MAT</i>	8:30-9:00 <i>BJJ OPEN MAT</i>	8:00-9:00 <i>BJJ OPEN MAT</i>	8:30-9:00 <i>BJJ OPEN MAT</i>		

***Private Lessons (30 min sessions) Open Upon Availability -- Inquire at Front Desk*

Brazilian Jiu Jitsu

**Children BJJ - 7 to 11 years old*

**Junior BJJ - 12 to 15 years old*

**BRAZILIAN JIU JITSU - 15 yrs and up*

**BJJ Child/Jr No Gi - 7 to 15 years old (White Belt w/ 2 stripes and up)*

**BJJ Child/Jr No Gi - 16 years and up (Green Belt and up)*

**BJJ Open Mat - Yellow/Green Belt and up, Ages 12 and up*

**BJJ Fundamentals - White Belts Only, Ages 16 and up (Reservation Required)*

**BJJ Competition Team Training, Ages 12 and up*

**BJJ Advanced Class - Blue Belts and Up*

**Private Lessons - Taekwondo/BJJ with Certified Black Belt Instructor
(Reservation Required)*

Instructor reserves the right to change scheduled classes to meet students' needs