



ELITE MARTIAL ARTS BJJ SCHEDULE

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Effective January 21, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12:00-1:00 <i>BRAZILIAN JIU JITSU</i>		12:00-1:00 <i>BRAZILIAN JIU JITSU</i>		
5:30-6:30 <i>Children BJJ</i>	5:30-6:30 <i>Children BJJ</i>	5:30-6:30 <i>Children BJJ</i>	5:30-6:30 <i>Children BJJ</i>		1:00 - 2:30 <i>BRAZILIAN JIU JITSU</i>
7:00-8:00 <i>BJJ Fundamentals</i>	6:30-7:30 <i>Junior BJJ</i>	7:00-8:00 <i>BJJ Fundamentals</i>	6:30-7:30 <i>Junior BJJ</i>	6:30 - 7:30 <i>BJJ Instructor Training</i>	
8:00-9:00 <i>BJJ No Gi</i>	6:30-7:30 <i>Women's Only BJJ</i>	8:00-9:00 <i>BJJ</i>	7:30-9:00 <i>BRAZILIAN JIU JITSU</i>	7:30-8:30 <i>BJJ Competition Team Training</i>	
	7:30-9:00 <i>BRAZILIAN JIU JITSU</i>	Open Mat (w/ Gi)			

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 Takedowns - 12 yrs and up
- *BJJ Open Mat - Yellow/Green Belt and up, Ages 12 and up
- *Women's Only BJJ Fundamentals - Reservation Required
- *BJJ Fundamentals - White Belts Only, Ages 16 and up (Reservation Required)
- *BJJ Competition Team Training, Ages 12 and up

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