

DETHRONE 1 (Bullard & Marks)

BRAZILIAN JIU-JITSU & WRESTLING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	10:00-11:00		10:00-11:00		10:00-11:00	
10:30 AM	Jiu Jitsu		Jiu Jitsu		Jiu Jitsu	
11:00 AM	Basics		Basics		Basics	11:00-12:00
11:30 AM						<i>Wrestling/</i>
12:00 N			12:00-1:00			Open Mat
12:30 PM			<i>No Gi</i>			
1:00PM						
6:00 PM	6:00-7:00		6:00-7:00		6:00-7:00	
6:15 PM	<i>No Gi</i>	6:15-7:15	Jiu Jitsu	6:15-7:15	Jiu Jitsu	
6:30 PM		Jiu Jitsu Basics*	All Levels	Jiu Jitsu Basics*	All Levels	
7:00 PM	7:00-8:30		7:00-8:00			
7:15 PM		7:15-8:30	<i>No Gi</i>	7:15-8:30		
7:30 PM	Jiu Jitsu	<i>No Gi</i>		Jiu Jitsu		
8:00 PM	All Levels		8:00- 8:45	Advanced*		
8:15 PM			<i>Wrestling</i>			
8:30 PM						
8:45 PM						

*Basics: Adult White Belts & Teen Grey Belts

**Advanced: 3 Stripe Adult White Belts & Above Belts