

Dethrone Mixed Martial Arts
Marks & Bullard

Brazilian Jiu Jitsu - Mat 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00	BJJ Basics 10:00 - 11:00		BJJ Basics 10:00 - 11:00		BJJ Basics 10:00 - 11:00	
10:30						
11:00						Adult BJJ w/Gi 11:00 12:30
11:30						
12:00						
12:30						
6:00	No Gi 6:00 - 7:00		Adult BJJ w/Gi 6:00 - 7:00			
6:15						
6:30		BJJ Basics w/Gi 6:15 - 7:15		BJJ Basics w/Gi 6:15 - 7:15	Adult BJJ w/Gi 6:00 - 7:00	
6:45						
7:00	Adult BJJ w/Gi 7:00 - 8:30		No Gi 7:00 - 8:00			
7:15						
7:30			Advanced BJJ w/Gi 7:15 - 8:30		Advanced BJJ w/Gi 7:15 - 8:30	
7:45						
8:00						
8:15						
8:30						