



Our weekly schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7am All levels Mike		
9am BJJ for the broken Mike				8am Open mat		
10am—noon Sunday Seminar Series (first Sunday of every month) Rotating professors						10:45am Kids BJJ Fundamentals Ian
			12pm All levels Mike		12pm All levels Chauncey	12pm Beginners Ian
			1pm Open mat		1pm Open mat	12pm All levels Henrique/Paul
		4:30pm Kids BJJ Fundamentals Jake		4:30pm Kids BJJ Fundamentals Chauncey		1pm Community open mat
	6pm Beginners Mike	6pm Beginners Ian	6pm Beginners Paul	6pm Beginners Ian	6pm No gi Rotating professors	
	6pm No gi Vong	6pm All levels Vong	6pm All levels Mike	6pm Advanced Henrique		
	7pm Open mat	7pm Open mat	7pm Open mat	7pm Open mat	7pm Open mat	