



Adults Timetable

MAT 1

	MON	TUE	WED	THU	FRI	SAT
7:00 AM	GRACIE JIU JITSU MORNING EXPRESS	GRACIE JIU JITSU MORNING EXPRESS	GRACIE JIU JITSU MORNING EXPRESS	GRACIE JIU JITSU MORNING EXPRESS	GRACIE JIU JITSU MORNING EXPRESS	
10:00 AM						GRACIE JIU JITSU FUNDAMENTALS
11:00 AM	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI
12:00 PM	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	
6:00 PM	GRACIE JIU JITSU FUNDAMENTALS	GRACIE JIU JITSU FUNDAMENTALS	GRACIE JIU JITSU FUNDAMENTALS	GRACIE JIU JITSU FUNDAMENTALS	GRACIE JIU JITSU FUNDAMENTALS	
7:00 PM	ASSISTED OPEN MAT	GRACIE JIU JITSU FUNDAMENTALS	ASSISTED OPEN MAT	GRACIE JIU JITSU FUNDAMENTALS	GRACIE JIU JITSU FUNDAMENTALS	

MAT 2

	MON	TUE	WED	THU	FRI	SAT
12:00 PM	GRACIE JIU JITSU FUNDAMENTALS		GRACIE JIU JITSU FUNDAMENTALS		GRACIE JIU JITSU FUNDAMENTALS	
6:00 PM	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	GRACIE JIU JITSU ALL LEVELS	
7:00 PM	CAMDEN VALLEY WRESTLING	SUBMISSION WRESTLING	CAMDEN VALLEY WRESTLING	SUBMISSION WRESTLING	CAMDEN VALLEY WRESTLING	

MAT 3

	MON	TUE	WED	THU	FRI	SAT
10:00 AM	WOMEN & MUMS MMA FITNESS		WOMEN & MUMS MMA FITNESS		WOMEN & MUMS MMA FITNESS	
7:00 PM	CAMDEN VALLEY BOXING		CAMDEN VALLEY BOXING		OPEN MAT GI & NO-GI	