



# 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  | OPEN MAT                         | OPEN MAT                         | OPEN MAT                         | OPEN MAT                         | OPEN MAT                         |                               |

## 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 | BEGINNERS KICKBOXING |     | BEGINNERS KICKBOXING |     | BEGINNERS KICKBOXING |     |
| 7:00 PM  | BEGINNERS KICKBOXING |     | BEGINNERS KICKBOXING |     |                      |     |