

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brazilian JiuJitsu Fundamentals 1 6:00-7:00 am	Brazilian JiuJitsu Fundamentals 2 9:30-10:30 am	Brazilian JiuJitsu Fundamentals 1 6:00-7:00 am	Brazilian JiuJitsu Fundamentals 2 9:30-10:30 am	Brazilian JiuJitsu Fundamentals 1 6:00-7:00 am	Kids Warriors (Ages 3-8) 9:30-10:15 am	
Brazilian JiuJitsu Mixed Level 10:30-11:30 am	Brazilian JiuJitsu No-Gi Mixed Level 10:30-11:30 am	Brazilian JiuJitsu Mixed Level 10:30-11:30 am	Brazilian JiuJitsu No-Gi Mixed Level 10:30-11:30 am		Brazilian JiuJitsu Mixed Level 9:00-10:15 am	Brazilian JiuJitsu No-Gi Mixed Level 9:00 am-10:15 am
		Brazilian JiuJitsu Fundamentals 2 12:00-1:00 pm		Brazilian JiuJitsu Fundamentals 2 12:00-1:00 pm	Kids Brazilian JiuJitsu - Beginner 10:15-11:00 am	
Lil Warriors (Ages 2-4) 3:15-4:00 pm		Lil Warriors (Ages 2-4) 3:15-4:00 pm			BJJ Competition Drilling 10:15 am-11:00 am	
Super Warriors (Ages 7-8) Freshman (Ages 9-12) 4:10-5:00 pm	Lil Warriors (Ages 2-4) Warriors (Ages 4-6) 4:10-5:00 pm	Super Warriors (Ages 7-8) Freshman (Ages 9-12) 4:10-5:00 pm	Lil Warriors (Ages 2-4) Warriors (Ages 4-6) 4:10-5:00 pm	Future Black Belt Forms 4:10-5:00 pm	Women's Self Defense/Cardio 11:15 am-12:15 pm	
Lil Warriors (Ages 2-4) Warriors (Ages 4-6) 5:10-6:00 pm	Super Warriors (Ages 7-8) Freshman (Ages 9-12) 5:10-6:00 pm	Lil Warriors (Ages 2-4) Warriors (Ages 4-6) 5:10-6:00 pm	Super Warriors (Ages 7-8) Freshman (Ages 9-12) 5:10-6:00 pm	Future Black Belt Weapons 5:10-6:00 pm		
Kids Kickboxing 5:10-6:00 pm	Kids Brazilian JiuJitsu 5:10-6:00 pm	Kids Kickboxing 5:10-6:00 pm	Kids Brazilian JiuJitsu 5:10-6:00 pm			
Kids Brazilian JiuJitsu (ATP) 5:00-5:30 pm 5:30-6:00 pm	Kid's Kali Stick Fighting 6:00-7:00 pm	Brazilian Jiu Jitsu w/ Striking 6:00-7:15 pm	Demo/Competition Class 6:00-7:00 pm	Future Black Belt Sparring 6:00-7:00 pm		
Women's Self Defense 6:00-7:15 pm	Teen's Brazilian JiuJitsu (Ages 12-17) 6:00-7:00 pm	Women's Self Defense 6:00-7:15 pm	Teen's Brazilian JiuJitsu (Ages 12-17) 6:00-7:00 pm	Brazilian Jiu Jitsu w/ Striking 6:00-7:15 pm		
Brazilian JiuJitsu Fundamentals 2 6:00-7:15 pm	Brazilian JiuJitsu Adult Advanced Level 6:00-7:30 pm	Brazilian JiuJitsu Fundamentals 2 6:00-7:15 pm	Brazilian JiuJitsu Adult Advanced Level 6:00-7:30 pm			
Brazilian JiuJitsu Fundamentals 1 7:15-8:15 pm	Brazilian JiuJitsu Fundamentals 2 7:30-8:30 pm	Brazilian JiuJitsu Fundamentals 1 7:15-8:15 pm	Brazilian JiuJitsu Fundamentals 2 7:30-8:30 pm	Kickboxing Sparring 7:00-8:00 pm		
Kickboxing Int/Adv 7:15-8:15 pm	Kickboxing Beginner 7:15-8:15 pm	Kickboxing Int/Adv 7:15-8:15 pm	Kickboxing Beginner 7:15-8:15 pm			
Brazilian JiuJitsu No-Gi Mixed Level 8:15-9:15 pm		Brazilian JiuJitsu No-Gi Mixed Level 8:15-9:15 pm				

**VAMOS
JIU JITSU
HOLBROOK
SCHEDULE**
Effective 08/17