

THE BTEAM

NEW JERSEY *Jiu Jitsu*

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am - 7:00 am		Basic Gi	Basic No-Gi		Basic No-Gi
9:30 am - 10:30 am	Basic No-Gi	Basic No-Gi	Basic No-Gi	Basic No-Gi	Striking & Conditioning
10:30 am - 11:30 am	Live Training	Live Training	Live Training	Live Training	Live Training
12:00 pm - 1:00 pm	All Levels No-Gi		All Levels No-Gi		Basic No-Gi
1:00 pm - 2:00 pm	Live Training		Live Training		Live Training
5:30 pm - 6:15 pm	Kids Gi	Kids Gi	Kids Gi	Kids No-Gi	Kids Gi
6:30 pm - 7:30 pm	Basic No-Gi	Basic Gi	Ladies No-Gi	Striking & Conditioning	Basic No-Gi
7:30 pm - 8:30 pm	All Levels No-Gi	Basic No-Gi	Basic No-Gi	All Levels No-Gi	All Levels No-Gi
8:30 pm - 9:30 pm	Live Training	Live Training	Live Training	Live Training	Live Training

Time:	Saturday	Sunday
9:30 am - 10:15 am	Kids Gi	
10:30 am - 11:30 am	Basic Gi	Basic No-Gi
11:30 am - 12:30 pm	Live Training	Live Training

Free Trial Class!

Contact Info

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