



CLASS SCHEDULE

SMASH BJJ - VALLEY



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 am- 07:00 am	Adult Gi Jiu-Jitsu	Adult Gi Jiu-Jitsu	Adult No-Gi Jiu-Jitsu	Adult Gi Jiu-Jitsu	Adult No-Gi Jiu-Jitsu	
09:00 am- 10:00 am						Karate
10:00 am - 11:00 am						Adult Open Mat
4:15 pm - 4:45 pm	Little Dragons (Ages 3-5)		Little Dragons (Ages 3-5)			
5:00 pm - 5:50 pm	Youth (6-12) Gi Jiu-Jitsu	Youth (6-12) Beginners Gi Jiu-Jitsu	Youth (6-12) No-Gi Jiu-Jitsu	Youth (6-12) Beginners No-Gi Jiu-Jitsu		
6:00 pm - 7:00 pm	Adult No-Gi Jiu-Jitsu	Adult Fundamentals Gi Jiu-Jitsu (6:15- 7:15pm)	MMA	Adult Fundamentals Gi Jiu-Jitsu (6:15-7:15pm)	Competition Class	
7:00 pm - 8:00 pm	MMA	Open Mat	Adult No-Gi Jiu-Jitsu	Open Mat		