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						9am Karate 10am BJJ Open Mat
2:45pm-3:45pm						
4:15 pm - 5:15 pm	Little Dragons (Ages 3-5) 4:15- 4:45pm		Little Dragons (Ages 3-5) 4:15-4:45pm			
5:00 pm - 5:50 pm	Youth Competition Jiu Jitsu Class	Youth (6-12) Beginners Gi Jiu-Jitsu	Youth (6-12yr) No-Gi Jiu-Jitsu	Youth (6-12yr) Beginners Gi Jiu-Jitsu		
6:00 pm - 7:00 pm	Adult No-Gi Jiu Jitsu	Adult Fundamentals Gi Jiu-Jitsu (6:15- 7:15pm)	MMA Striking w/Will Noland	Adult Beginners Class Gi Jiu-Jitsu (6:15-7:15pm)		
7:00 pm - 8:00 pm	MMA	Adult Competition Class	Adult No-Gi Jiu-Jitsu	Open Mat		