

# Real American Grappling + Next Level Elite

Website Parent View Schedule

## Adult Brazilian Jiu-Jitsu

Category	Schedule
Morning	Mon 6:00-7:00 AM Gi Tue 6:00-7:00 AM No-Gi Wed 6:00-7:00 AM Gi Thu 6:00-7:00 AM No-Gi Fri 6:00-7:00 AM Adult Open Mat
Noon	Mon 12:00-1:15 PM Gi Tue 12:00-1:15 PM No-Gi Wed 12:00-1:15 PM Gi Thu 12:00-1:15 PM No-Gi Fri 12:00-1:15 PM Adult Open Mat
Evening / Weekend	Mon 6:00-7:30 PM Gi Tue 6:30-7:30 PM Adult Fundamentals Tue 7:30-8:30 PM No-Gi Wed 7:00-8:30 PM Gi Thu 7:30-8:30 PM No-Gi Sat 12:00-1:15 PM Adult Open Mat Sun 10:00-11:00 AM Adult Fundamentals

## Kids Brazilian Jiu-Jitsu

Category	Schedule
Ages 4-6	Tue 5:00-5:30 PM Thu 5:00-5:30 PM Sat 10:00-10:30 AM
Ages 7-12	Tue 5:30-6:30 PM Thu 5:30-6:30 PM Sat 10:30-10:50 AM

## Queens Program

Category	Schedule
Queens	Thu 6:30-7:30 PM Sat 11:00 AM-12:00 PM

## Next Level Elite Wrestling

Category	Schedule
Elementary	Mon 5:00-6:00 PM Wed 5:00-6:00 PM
MS / HS	Wed 6:00-7:00 PM Sun 2:00-4:00 PM

This version is designed for parents and new visitors. The full color weekly grid is available separately.