

BRAZILIAN TOP TEAM - JUPITER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 - 8 AM ADULTS NO-GI ADVANCED 3 MONTHS OF TRAINING	7 - 8 AM ADULTS GI ADVANCED	7 - 8 AM ADULTS NO-GI ADVANCED 3 MONTHS OF TRAINING	7 - 8 AM ADULTS GI ADVANCED		
	9:15 - 10 AM ADULTS FUNDAMENTALS			9:15 - 10:15 AM ADULTS FUNDAMENTALS	
11:30AM - 12:30 PM ADULTS ALL LEVELS		11:30 AM - 12:30 PM ADULTS ALL LEVELS		11:30 AM - 12:30 PM OPEN MAT	10 AM OPEN MAT 10 rounds x 5 minutes
DOORS OPEN 3:40 PM			DOORS OPEN 3:40 PM		
3:50 - 4:20 PM LITTLE CHAMPS AGES 4 - 6		DOORS OPEN 4:20 PM	3:50 - 4:20 PM LITTLE CHAMPS AGES 4 - 6		
4:30 - 5:20 PM JUNIORS I AGES 6 - 10		4:30 - 5:20 PM JUNIORS I AGES 6 - 10	4:30 - 5:20 PM JUNIORS I AGES 6 - 10	KIDS *** MUAY - THAI 4 - 4:45 PM	
5:30 - 6:20 PM JUNIORS II AGES 10+	5 - 6 PM BJJ BASICS	5:30 - 6:20 PM JUNIORS II AGES 10+	5:30 - 6:20 PM JUNIORS II AGES 10+ ** NO GI **	5 - 6 PM BJJ BASICS	
	6 - 6:30 PM OPEN MAT			6 - 6:30 PM OPEN MAT	
6:30 - 7:30 PM ADULTS FUNDAMENTALS	6:30 - 8:00 PM BJJ ADVANCED (GABRIEL) 3 MONTHS OF TRAINING	6:30 - 7:30 PM ADULTS FUNDAMENTALS	6:30 - 8:00 PM BJJ ADVANCED (GABRIEL) WITH 3 MONTHS OF TRAINING	6:30 - 7:30 PM STRIKING *** MUAY - THAI	
7 - 7:30 PM OPEN MAT 5 rounds of 5 minutes		7:30 - 8:30 PM STRIKING *** MUAY - THAI	*** SPECIAL MEMBERSHIP FOR MUAY THAI		