

MILE-END JIU-JITSU CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ GI 6:15-7:15 AM			BJJ NO-GI 6:15-7:15 AM		
					KIDS GI 4-7 10:00-10:45 AM	OPEN MAT 10:00-11:00 AM
					KIDS GI 8-12 10:45-12:00 AM	COMPETITION 11:00-12:00 AM
BJJ NO-GI 12:00-13:00 PM	BJJ GI 12:00-13:00 PM	BJJ GI 12:00-13:00 PM	OPEN MAT 12:00-13:00 PM	BJJ NO-GI 12:00-13:00 PM	BJJ GI 12:00-13:00 PM	BJJ NO-GI 12:00-13:00 PM
					FUNDAMENTAL NO-GI 13:30-14:30 PM	FUNDAMENTAL GI 13:00-14:00 PM
	KIDS GI 4-7 16:00-16:45 PM		KIDS GI 4-7 16:00-16:45 PM			
INTRO TO BJJ* 16:30-17:30 PM	KIDS GI 8-12 16:45-17:30 PM	INTRO TO BJJ* 16:30-17:30 PM	KIDS GI 8-12 16:45-17:30 PM			
INTRO TO BJJ* 17:30-18:30 PM	FUNDAMENTAL GI 17:30-18:30 PM	INTRO TO BJJ* 17:30-18:30 PM	FUNDAMENTAL GI 17:30-18:30 PM	FUNDAMENTAL NO-GI 17:30-18:30 PM		
BJJ GI 18:30-19:30 PM	BJJ GI 18:30-19:30 PM	BJJ NO-GI 18:30-19:30 PM	BJJ GI 18:30-19:30 PM	BJJ NO-GI 18:30-19:30 PM		
	OPEN MAT 19:30-20:30 PM	OPEN MAT 19:30-20:30 PM	OPEN MAT 19:30-20:30 PM	OPEN MAT 19:30-20:30 PM		

***NO FREE TRIAL
DURING INTRO
TO BJJ**

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***PAS D'ESSAI
GRATUIT DURANT
INTRO TO BJJ**

GI CLASS	OPEN MAT
KIDS GI CLASS	COMPETITION
NO-GI CLASS	INTRO TO BJJ

