

# PONTE VEDRA BJJ SCHEDULE

Brought to you by:



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM to						KIDS & YOUTH NOGI	
10:00 AM							
11:00 AM to			ADULT OPEN MAT				
Noon							
Noon to					ADULT OPEN MAT		
1:00pm							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 PM to		KIDS BJJ		KIDS BJJ			
5:00 PM		(5-8 YEAR OLDS)		(5-8 YEAR OLDS)			
5:00 PM to	KIDS BJJ	YOUTH BJJ	KIDS BJJ	YOUTH BJJ	KIDS BJJ		
6:00 PM	(5-8 YEAR OLDS)	(8-13 YEAR OLDS)	(5-8 YEAR OLDS)	(8-13 YEAR OLDS)	(5-8 YEAR OLDS)		
6:00 PM to	YOUTH BJJ	ADULT BJJ	YOUTH BJJ	ADULT NOGI	YOUTH BJJ		
7:00 PM	(8-13 YEAR OLDS)		(8-13 YEAR OLDS)		(8-13 YEAR OLDS)		
7:00 PM to	ADULT BJJ		ADULT BJJ				
8:00 PM							

\* SATURDAY OPEN MAT HELD WHEN SCHEDULED DURING WEEK

\*\* SCHEDULE SUBJECT TO CHANGE

\*\*\* PRIVATE LESSONS CAN BE SCHEDULED DURING NON CLASS HOURS