

# PONTE VEDRA BJJ SCHEDULE

Brought to you by:



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM to 10:00 AM						KIDS & YOUTH NOGI	
10:00 AM to 11am						ADULT NOGI	
11:00 AM to Noon			ADULT OPEN MAT				
Noon to 1:00pm					ADULT OPEN MAT		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 PM to 5:00 PM	KIDS/YOUTH WRESTLING (5-13 YEAR OLDS)	KIDS BJJ (5-8 YEAR OLDS)	KIDS BJJ (5-8 YEAR OLDS)	KIDS BJJ (5-8 YEAR OLDS)			
5:00 PM to 6:00 PM	KIDS BJJ (5-8 YEAR OLDS)	YOUTH BJJ (8-13 YEAR OLDS)	YOUTH BJJ (8-13 YEAR OLDS)	YOUTH BJJ (8-13 YEAR OLDS)	KIDS BJJ (5-8 YEAR OLDS)		
6:00 PM to 7:00 PM	YOUTH BJJ (8-13 YEAR OLDS)	ADULT BJJ	ADV/COMPETITION YOUTH BJJ (8-13 YEAR OLDS)	ADULT BJJ	YOUTH BJJ (8-13 YEAR OLDS)		
7:00 PM to 8:00 PM	ADULT BJJ		ADULT BJJ				
7:15 PM to 8:15 PM		MUAY THAI		MUAY THAI			

\*\* SCHEDULE SUBJECT TO CHANGE

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