

Annapolis

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:30 AM		Adult BJJ All Levels		Adult BJJ All Levels		
9:45 - 10:30 AM						All Kids BJJ
10:30 - 11:30 AM						Adult BJJ
11:30 - 12:30 AM						Adult MMA
12:30 - 1:30 PM						Adult MMA Sparring
4:00 - 5:00 PM	Kids After School	Kids After School	Kids After School	Kids After School	Kids After School	
5:00 - 5:45 PM		Kids BJJ (3-6 Yrs)		Kids BJJ (3-6 Yrs)		
5:45 - 6:30 PM	Kids BJJ (6-15 Yrs)	Kids BJJ (6-15 Yrs)	Kids Competition Team	Kids BJJ (6-15 Yrs)	Kids BJJ (6-15 Yrs)	
6:30 - 7:30 PM	No GI Jiu Jitsu		Ladies Self Defense		No GI Jiu Jitsu	
7:30 - 8:30 PM	Adult BJJ Fundamentals	Adult MMA	Adult BJJ Fundamentals	Adult MMA	Adult BJJ Fundamentals	
8:30 - 9:30 PM	Adult BJJ Advanced	Adult MMA Sparring	Adult BJJ Advanced	Adult MMA Sparring	Adult BJJ Advanced	