

TEAM RANDORI MARTIAL ARTS TRAINING SCHEDULE - ANNAPOLIS



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30		Adult BJJ All Levels		Adult BJJ All Levels		
9:30-10:30		Zumba Strong		Zumba Strong		
9:45-10:30						Kids BJJ 6-16 Year Old
10:30-11:30						Adult BJJ All Levels
11:00-12:00		Kids Home- School BJJ		Kids Home- School BJJ		
12:00 – 1:00						
4:00-5:00	After School Program	After School Program	After School Program	After School Program	After School Program	
5:00-5:45	Zumba Strong	Kids BJJ 3 – 6 Year Old		Kids BJJ 3 – 6 Year Old	Zumba Strong	
5:45–6:30	Kids BJJ 6 – 16 Year Old	Kids BJJ 6 – 16 Year Old	Kids Competition Team	Kids BJJ 6-16 Year Old	Kids BJJ 6-16 Year Old	
6:30-7:30	No-GI Adult BJJ	Ladies BJJ	Ladies Self Defense	Ladies BJJ	No-GI Adult BJJ	
7:30-8:30	Adult BJJ Basic	Open Mat BJJ	Adult BJJ Basics	Open Mat BJJ	Adult BJJ Basics	
8:30-9:30	Adult BJJ Advanced		Adult BJJ Advanced		Adult BJJ Advanced	