

TEAM RANDORI MARTIAL ARTS TRAINING SCHEDULE – SILVER SPRING



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30							
9:30-10:30							
9:45-10:30						Kids BJJ 6-16 A	
10:30-11:30						Adult BJJ All Levels	Adult BJJ All Levels
11:30-12:30							
4:00-5:00							
5:00-5:45							
5:45-6:45	Kids BJJ 6-16 A	Kids BJJ 6-16 L	Kids BJJ 6-16 A	Kids BJJ 6-16 L			
6:45-7:45	Adult BJJ Fundamentals	Adult BJJ Fundamentals	Adult BJJ Fundamentals	Adult BJJ Fundamentals			
7:45-8:45	Adult BJJ Intermediate		Adult Competition Team	Adult BJJ Intermediate			
8:45-9:45							