



CARLSON GRACIE JIU-JITSU TEAM

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TEAM SCHEDULE - EFFECTIVE APR. 2010'

| | | | | |
|-----------|------------------------|-------------------|--------------------|-------------------------|
| MONDAY | MMA 9-10AM | KIDS JUDO 5-6PM | ADULT JUDO 6-7PM | ADULT BJJ 7-8 PM |
| TUESDAY | BJJ 11-12PM | KIDS BJJ 5-6PM | ADULT BJJ 6-7:30PM | OPEN MAT 7:30 - 8PM |
| WEDNESDAY | MMA 9-10AM | KIDS JUDO 5-6PM | ADULT JUDO 6-7PM | <u>NOGI</u> BJJ 7-8 PM |
| THURSDAY | BJJ 11-12PM | KIDS BJJ 5-6PM | ADULT BJJ 6-7:30PM | MUAY THAI 7:30 - 8:30PM |
| FRIDAY | MMA 9-10AM | | | OPEN MAT 6:00 - 8PM |
| SATURDAY | BJJ / OPEN MAT 11-12PM | MUAY THAI 12-1 PM | | |
| SUNDAY | OPEN BY APPOINTMENT | | | |

**kids may also attend open mat sessions.*