



38397 Innovation Court #103

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NEW CLASS SCHEDULE EFFECTIVE AUGUST 1ST 2011'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 AM – 11:30 AM BJJ (GI)	10 AM – 11:30 AM BJJ (GI)	10 AM – 11:30 AM BJJ (NOGI)	10 AM – 11:30 AM BJJ (GI)	10 AM – 11:30 AM BJJ (GI)	10 AM – 11:00 AM MUAY THAI	10 AM OPEN MAT (MUST CALL FIRST)
5 P.M. KIDS JUDO	5 P.M. KIDS BJJ	5 P.M. – 6 PM KIDS BJJ (NOGI)	5 P.M. KIDS JUDO	5 P.M. KIDS BJJ	11 AM – 12:00 AM BJJ (GI)	
6 P.M. – 7PM ADULT JUDO	6 P.M. – 7:30 PM ADULT BJJ	6 P.M. – 7:30 PM ADULT BJJ (NOGI)	6 P.M. ADULT JUDO	6 P.M. – 7:00 PM ADULT BJJ	12 PM – 1:30 PM OPEN MAT	1 PM OPEN MAT (MUST CALL FIRST)
7PM – 8:30 ADULT BJJ	7:30PM – 8:30 MUAY THAI	7:30PM – 8:30 MUAY THAI	7 PM – 8:30 PM ADULT BJJ	7PM – 8PM OPEN MAT		

- **NOGI** attire may consist of: fight shorts (with compression/spandex shorts) or gi pants, and a rash guard or t-shirt. No basketball style shorts.
- **Please** bring a water bottle and sandals with you to class