

Fifty/50 Brazilian Jiu-Jitsu Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30am - 12pm	BJJ Basics	BJJ Basics	BJJ Basics	No-Gi Basics	BJJ Basics	Muay Thai	
12-1pm						BJJ Basics	Women's BJJ
1-3pm	Professional Training	Professional Training	Professional Training	Professional Training		Open Mat	Open Mat
5-6pm	Muay Thai						
6-7pm	BJJ Basics	BJJ Basics	Muay Thai	BJJ Basics	Muay Thai		
7-7:30pm	Sparring Basics	Sparring Basics	BJJ Basics	Sparring Basics	BJJ Basics		
7:30-8pm	Marathon Roll (Gi)	Marathon Roll (No-Gi)		Women's BJJ			
8-8:30pm	BJJ Advanced (Gi)	BJJ Advanced (No-Gi)	Wrestling Basics	BJJ Advanced (Gi)	Open Mat		
8:30-9:30			Wrestling				
10:00pm							

Color Key:

	All Levels
	Blue Belts and Above
	Beginner Classes (Advanced Students May Attend)
	Women ONLY - Any BJJ Rank
	All Muay Thai Students
	Professional Training - Invite Only
	Advanced Students - Invite Only