



Ricardo Barros Brazilian Jiu-Jitsu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kids (5-10 yrs) 9:00-10:00am
Advanced BJJ 10:30am-11:30am	Fundamental BJJ 10:30am-11:30am	Advanced BJJ 10:30am-11:30am	Fundamental BJJ 10:30am-11:30am	Advanced BJJ 10:30am-11:30am	Kids (10-13yrs) 10:00-11:00am
Advanced Sparring 11:30am-12:00pm		Advanced Sparring 11:30am-12:00pm		Advanced Sparring 11:30am-12:00pm	Fundamental BJJ 11:00am-12:00pm
					Advanced BJJ 12:00-1:00pm
					Advanced Sparring 1:00-1:30pm
Kids (Ages 3-4 yrs) 4:15-4:50pm	Kids (Ages 5-7 yrs) 4:15-5:00pm	Kids (Ages 3-4 yrs) 4:15-4:50pm	Kids (Ages 5-7 yrs) 4:15-5:00pm		
Kids Advanced (8-10) 5:00-6:00pm	Kids (Ages 8-10yrs) 5:00-6:00pm	Kids Advanced (8-10) 5:00-6:00pm	Kids (Ages 8-10yrs) 5:00-6:00pm	Kids Advanced (8-10) 5:00-6:00pm	
Fundamental BJJ 6:00-7:00pm	Kids (Ages 11-13) 6:00-7:00pm	Kids Muay Thai 6:00-7:00pm	Kids (Ages 11-13) 6:00-7:00pm	Kids Muay Thai 6:00-7:00pm	
Advanced BJJ 7:00-8:00pm	Fundamental BJJ 7:00-8:00pm	Advanced BJJ 7:00-8:00pm	Fundamental BJJ 7:00-8:00pm	BJJ Open Mat 7:00pm-8:00pm	
Advanced Sparring 8:00-8:30pm	Advanced BJJ 8:00-9:00pm	Advanced Sparring 8:00-8:30pm	Advanced BJJ 8:00-9:00pm		

*Friday and Saturday classes may be cancelled for special events.

*Friday night Open Mat is for all students.

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