Class Schedule

Monday

12:00pm	Adult	NO-GI
4:30pm	Little Champions (Ages 3-6)	GI
5:10pm	Kids (Ages 7+)	GI
6:00pm	Adult	NO-GI
7:00pm	Adult Striking	STRIKING

Tuesday

7:00am	Adult	GI
12:00pm	Adult	NO-GI
4:30pm	Little Champions (Ages 3-6)	NO-GI
5:10pm	Kids (Ages 7+)	NO-GI
6:00pm	Adult	NO-GI
7:00pm	Adult	GI
8:00pm	Adult Striking	STRIKING

Wednesday

7:00am	Adult	NO-GI
12:00pm	Adult	NO-GI
4:30pm	Little Champions (Ages 3-6)	GI
5:10pm	Kids (Ages 7+)	GI
6:00pm	Adult	NO-GI
7:00pm	Adult	GI

Thursday

7:00am	Adult	GI
12:00pm	Adult	NO-GI
4:30pm	Little Champions (Ages 3-6)	NO-GI
5:10pm	Kids (Ages 7+)	NO-GI
6:00pm	Adult	NO-GI
7:00pm	Adult	GI

Friday

12:00pm	Adult Q&A	Q&A
4:30pm	Little Champions (Ages 3-6)	GI
5:10pm	Kids (Ages 7+)	GI
6:00pm	Women's Only	NO-GI

Saturday

12:00pm	Open Mat	OPEN

Sunday

12:00pm	Adult	NO-GI

PALM BEACH
JIU-JITSU CLUB