



# SABRE JIU-JITSU ACADEMY CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM - 7 AM		ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI) 4x10's	
8 AM - 9 AM	OPEN MAT 8 AM - 12 PM						ADULT BASICS (GI)
9 AM - 10 AM							OPEN MAT
10 AM - 11 AM							ADULT BJJ (GI)
11:30 AM - 12 PM							LAW ENFORCEMENT SELF DEFENSE CLASS 11:30 AM - 1 PM
12 PM - 1 PM		ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI) 4x10's	
1:15 PM - 2:15 PM							
4 PM - 5 PM		KIDS BASICS GI CLASS (0-6 months of training)	KIDS BASICS NOGI CLASS (0-6 months of training)	KIDS BASICS GI CLASS (0-6 months of training)	KIDS BASICS GI CLASS (0-6 months of training)		
5 PM - 6 PM		KIDS ADVANCED GI CLASS	KIDS ADVANCED NOGI CLASS	KIDS ADVANCED GI CLASS	KIDS ADVANCED GI CLASS		
6 PM - 7 PM		ADULT BJJ (GI)	WOMEN'S BJJ	ADULT BJJ (GI)	ADULT WRESTLING	ADULT BASICS (GI)	
7 PM - 8 PM		ADULT ADVANCE BJJ (GI)	ADULT BJJ (NOGI)	ADULT ADVANCE BJJ (GI)	ADULT BJJ (NOGI)	OPEN MAT	