



st Charles brazilian jiu jitsu

& MIXED MARTIAL ARTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brazilian Jiu-Jitsu (Gi Required) 10:00AM-11:00AM		Brazilian Jiu-Jitsu (Gi Required) 10:00AM-11:00AM			Brazilian Jiu-Jitsu (Gi) 10:00AM-12:00PM	Women's Brazilian Jiu-Jitsu (Gi) 2:30PM-3:45PM
Kids Brazilian Jiu-Jitsu (Gi Required) 4:30PM-5:20PM	Brazilian Jiu-Jitsu (Gi) 4:30PM-5:30PM	Kids Brazilian Jiu-Jitsu (Gi Required) 4:30PM-5:20PM	Brazilian Jiu-Jitsu (Gi) 4:30PM-5:30PM	Mixed Martial Arts 5:00PM-6:20PM		Mixed Martial Arts 4:00PM-5:00PM
Mixed Martial Arts 5:30PM-7:00PM	Wrestling 6:00PM-7:10PM	Mixed Martial Arts 5:30PM-7:00PM	Brazilian Jiu-Jitsu (No Gi) 6:00PM-7:10PM			
Brazilian Jiu-Jitsu (Gi Required) 7:00PM-8:30PM	Striking 7:15PM-8:15PM	Brazilian Jiu-Jitsu (Gi Required) 7:00PM-8:30PM	Striking 7:15PM-8:15PM	Open Mat 6:30PM-7:30PM		
Fitness Class 8:30PM-9:30PM		Fitness Class 8:30PM-9:30PM				

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