

ESCOBARBJJ.COM

EFFECTIVE JANUARY 2011

Morning	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:30AM						INTRO
10:30-11:15AM						BJJ Kids
11:30-12:30AM						BJJ ALL LEVELS
12:30-1:00PM						
Afternoon Evening						
3:00 - 3:30PM						
3:30 - 4:30PM						
4:00 - 5:00PM						
4:30 - 6:00PM						OPEN MATS
5:00 - 6:00PM						
7:30 - 8:30PM	BJJ ALL LEVELS				BJJ ALL LEVELS	
8:00 - 9:00PM		BASIC BJJ		BASIC BJJ		
8:30 - 9:30PM	SUB GRAPPLING				SUB GRAPPLING	
9:00 - 9:30PM		Conditioning		Conditioning		
9:30-10:30PM		BJJ ALL LEVELS	OPEN MATS	BJJ ALL LEVELS		

Please note that this schedule can be modified at any time. Please contact us for further enquiries.