

AOBJJ CLASS SCHEDULE

MONDAY

11AM Adults Gi Fundamentals
4:30PM Kids Gi
5:30PM Teens Gi
6:30PM Adults Gi

TUESDAY

11AM Adults Nogi
4PM 4-6 Y/O Nogi
4:30PM Kids Nogi
5:30PM Teens Gi Submissions
6:30PM Adults Gi Fundamentals
7:30PM Adults Gi Competition
Training Class*

WEDNESDAY

11AM Adults Gi Fundamentals
4:30PM Kids Gi
5:30PM Teens Gi
6:30PM Adults Gi

THURSDAY

11AM Adults Nogi
4PM 4-6 Y/O Nogi
4:30PM Kids Nogi
5:30PM Teens Nogi Submissions
6:30PM Adults Gi Fundamentals
7:30PM Adults Nogi Competition
Training Class*

FRIDAY

10AM-12PM Open Mat Gi/Nogi
6:30PM Adults Gi

SATURDAY

10AM Women's Jiu Jitsu
11AM Adults Nogi
2PM Leg Attacks

SUNDAY

CLOSED & PRIVATES

*6 months + training required to attend.

For updates on the daily schedule follow [@academyofbrazilianjiujitsu](#) on Instagram