

# **AOBJJ CLASS SCHEDULE**

## **MONDAY**

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

## **TUESDAY**

11AM Adults Nogi  
4:30PM Kids Nogi  
5:30PM Teens Gi Submissions  
6:30PM Adults Gi Fundamentals  
Training Class\*

## **WEDNESDAY**

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

## **THURSDAY**

11AM Adults Nogi  
4:30PM Kids Nogi  
5:30PM Teens Nogi Submissions  
6:30PM Adults Gi Fundamentals  
Training Class\*

## **FRIDAY**

6:30PM Adults Gi

## **SATURDAY**

11AM Adults Nogi

## **SUNDAY**

CLOSED & PRIVATES

\*6 months + training required to attend.

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