

# **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**

5:00PM Beginner/Fundamentals No-Gi

6:30PM Adults Gi

## **SATURDAY**

11AM Adults No-Gi

## **SUNDAY**

CLOSED & PRIVATES

\*6 months + training required to attend.

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