

## Evolution Brazilian Jiu-Jitsu Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 AM – 10:30 AM OPEN MAT	8:30 AM – 10:30 AM FUNDAMENTALS BJJ (GI)
6:00 PM – 7:00 PM FUNDAMENTALS BJJ COMBATIVES (NO GI)	5:45 PM – 7:00 PM JUDO (GI)	5:40 PM – 6:20 PM KIDS BJJ (GI; 4-8)	5:45 PM – 7:00 PM JUDO (GI)			11:00 AM – 12:00 PM COMBAT KICKBOXING
7:00 PM – 8:30 PM ADVANCED BJJ (GI)	7:30 PM – 8:30 PM COMBAT KICKBOXING	6:20 PM – 7:00 PM JUNIORS BJJ (GI; 9-13)	7:00 PM – 8:15 PM FUNDAMENTALS BJJ (GI)	6:00 PM – 7:30 PM ADVANCED COMBATIVES (NO GI)		
		7:00 PM – 8:30 PM ADVANCED BJJ (NO GI)	8:15 PM – 9:15 PM COMBAT KICKBOXING			



To sign up for a class, please contact us:  
 Evolution Brazilian Jiu Jitsu  
 Martial Arts & Fitness  
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