

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 KIDS/JUNIORS BJJ	5:45 PM – 6:45 PM JUDO (GI)	6:00 PM – 7:00 PM KIDS/JUNIORS BJJ	5:45 PM – 6:45 PM JUDO (GI)			11:00 AM – 12:00 PM COMBAT KICKBOXING
7:00 PM – 8:30 PM ADVANCED BJJ (GI)	6:45 PM – 8:00 PM FUNDAMENTALS BJJ (GI)	7:00 PM – 8:30 PM ADVANCED BJJ (NO GI)	6:45 PM – 8:00 PM FUNDAMENTALS BJJ (GI)			
	8:00 PM – 9:00 PM COMBAT KICKBOXING		8:00 PM – 9:00 PM COMBAT KICKBOXING			



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