CARLSON GRACIE DAYTON TRAINING SCHEDULE

Plan your weekly training. <u>BE CONSISTENT.</u> More classes will be added as the need arises.

MON	TUE	WED	тни	FRI	SAT
Lil Bulldogs Kids BJJ 5-7 YRS 4:45- 5:30 PM KIDS BJJ- Age 7-11 YRS 5:30- 6:30 PM ADULT BJJ- Age 12 and up 6:30- 8:00 PM	PARTITION OF THE PARTIT	Lil Bulldogs Kids BJJ 5-7 YRS 4:45- 5:30 PM KIDS BJJ- Age 7-11 YRS 5:30- 6:30 PM ADULT BJJ- Age 12 and up 6:30- 8:00 PM	ARESSULE WARREND TO THE PARTY OF THE PARTY O	Lil Bulldogs Kids BJJ 5-7 YRS 4:45- 5:30 PM KIDS BJJ- Age 7-11 YRS 5:30- 6:30 PM ADULT BJJ- Age 12 and up 6:30- 8:00 PM	ADULT DRILL 9:30- 10:30 AM ADULT SPARRING 10:30- 11:30 AM