WEEKLY CLASS SCHEDULE

MONDAY

5:00 PM – 6:00 PM	Little Bulldogs
6:00 PM – 7:00 PM	Adults Class – All Levels
7:15 PM – 8:15 PM	Adults Class – 3 stripe white belt and above

TUESDAY

5:00 PM – 6:00 PM	Little Bulldogs Intermediate
6:30 PM – 8:00 PM	Competition Class

WEDNESDAY

5:00 PM – 6:00 PM	Little Bulldogs
6:00 PM – 7:00 PM	Adults Class – All Levels
7:15 PM – 8:15 PM	Adults Class – 3 stripe white belt and above

THURSDAY

CLOSED

FRIDAY

5:00 PM – 6:00 PM	Little Bulldogs
6:00 PM – 7:00 PM	Adults Class – All Levels
7:15 PM – 8:15 PM	Adults Class – 3 stripe white belt and above

SATURDAY

CLOSED

SUNDAY

09:30 AM – 10:30 AM	Adult Drill-All Levels
10:30 AM – 11:30 AM	Adult Sparring-All Levels
12:30 PM – 2:00 PM	Little Bulldogs- Intermediate

CARLSON GRACIE®

JIU-JITSU TEAM