

APEX JIU JITSU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GI Jiu-Jitsu 6:30-7:30am	NO-GI Jiu-Jitsu 6:30-7:30am	GI Jiu-Jitsu 6:30-7:30am		NO-GI Jiu-Jitsu 6:30-7:30am		
					Beginner GI Jiu-Jitsu/Open Mat 9:30-10:30am	
					Tiny Tigers (4-6yrs) Group A&B 10:30-11:15am	NO-GI Jiu-Jitsu Open Mat 10:30-11:30am
					Young Lions (7+yrs) ELITE PROGRAM GI 11:15am-12pm	
GI Jiu-Jitsu 12-1pm	NO-GI Jiu-Jitsu 12-1pm		GI Jiu-Jitsu 12-1pm	NO-GI Jiu-Jitsu 12-1pm	Young Lions (7+yrs) COMPETITION TEAM 12-12:45pm	
Young Lions (7+yrs) BASICS-Group C 4:30-5:10pm	Young Lions (7+yrs) BASICS-Group D 4:30-5:10pm	Young Lions (7+yrs) BASICS-Group C 4:30-5:10pm	Young Lions (7+yrs) BASICS-Group D 4:30-5:10pm			
Tiny Tigers (4-6yrs) Group B 5:10-5:50 pm	Young Lions (7+yrs) BASICS-Group B 5:10-5:50pm	Tiny Tigers (4-6yrs) Group B 5:10-5:50 pm	Young Lions (7+yrs) BASICS-Group B 5:10-5:50pm			
Young Lions (7+yrs) BASICS-Group A 5:50-6:30pm	Tiny Tigers (4-6yrs) Group A 5:50-6:30pm	Young Lions (7+yrs) BASICS-Group A 5:50-6:30pm	Tiny Tigers (4-6yrs) Group A 5:50-6:30pm	Young Lions (7+yrs) ELITE PROGRAM NO-GI 5:45-6:30pm		
GI Jiu-Jitsu 6:30-7:15pm	NO-GI Jiu-Jitsu 6:30-7:15pm	GI Jiu-Jitsu 6:30-7:15pm	NO-GI Jiu-Jitsu 6:30-7:15pm	GI Jiu-Jitsu 6:30-8:00pm		
GI Sparring 7:15-8pm	NO-GI Sparring 7:15-8pm	GI Sparring 7:15-8pm	NO-GI Sparring 7:15-8pm			
Kickboxing 8-9pm	Kickboxing 8-9pm	Kickboxing 8-9pm	Kickboxing 8-9pm			