



Caveirinha Jiu Jitsu Family Academy - Central

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a-7:00a							
9:00a-10:00a		Adults Gi Fundamentals		Adults Gi Fundamentals		All Ages Kids	
10:00a-11:00a							
1:00p-2:00p							Open Mat
5:00p-6:00p	Kids/Juniors	Little Champions	Kids/Juniors	Little Champions			
6:00p-7:00p	Adults Gi Fundamentals	Adults Gi Fundamentals	Adults Gi Fundamentals	Adults Gi Fundamentals	Adults Gi Fundamentals		
7:00p-8:00p	Adults Gi Advanced/Open mat	Adults Gi Advanced/Open mat	Adults Gi Advanced/Open mat	Adults <u>Nogi</u> Fundamentals	Adults Gi Advanced/Open mat		