

BRAZIL-021 HOUSTON

SCHOOL OF JIU-JITSU



ADULT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BJJ ADULT ALL LEVELS 5:30-6:30 AM		BJJ ADULT ALL LEVELS 5:30-6:30 AM	RESERVED FOR PRIVATE SESSIONS	ADULT MUAY THAI ALL LEVELS 9:00-10:00 AM
CARDIO KICKBOXING 10:00-11:00 AM	CARDIO KICKBOXING 10:00-11:00 AM	CARDIO KICKBOXING 10:00-11:00 AM	CARDIO KICKBOXING 10:00-11:00 AM		BJJ ADULT ALL LEVELS 10:00-11:00 AM
BJJ ADULT ALL LEVELS 11:00-12:00 PM	BJJ ADULT NO GI 11:00-12:00 PM	BJJ ADULT ALL LEVELS 11:00-12:00 PM	BJJ ADULT NO GI 11:00-12:00 PM		
ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM	ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM	ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM	ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM		
BJJ ADULT FUNDAMENTALS 7:00-8:00 PM	BJJ ADULT ADVANCED 7:00-8:00 PM	BJJ ADULT FUNDAMENTALS 7:00-8:00 PM	BJJ ADULT ADVANCED 7:00-8:00 PM		