



BEN HALL
CARLSON GRACIE JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am	No Gi Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Junior Kids Brazilian Jiu-Jitsu 9:00 am - 9:45 am
					Junior Kids Brazilian Jiu-Jitsu 9:45 am - 10:30 am
					Brazilian Jiu-Jitsu 10:30 am - 11:30 am Open Mat
Brazilian Jiu-Jitsu 12:00 pm - 1:00 pm		Brazilian Jiu-Jitsu 12:00 pm - 1:00 pm		No Gi Brazilian Jiu-Jitsu 12:00 pm - 1:00 pm	
Junior Kids Brazilian Jiu-Jitsu 4:30 pm - 5:15 pm		Junior Kids Brazilian Jiu-Jitsu 4:30 pm - 5:15 pm			Brazilian Jiu-Jitsu 3:00 pm - 4:30 pm Open Mat
Senior Kids Brazilian Jiu-Jitsu 5:15 pm - 6:00 pm		Senior Kids Brazilian Jiu-Jitsu 5:15 pm - 6:00 pm			
Basics Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	No Gi Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	No Gi Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	Basics Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	
Brazilian Jiu-Jitsu 7:00 pm - 8:00 pm	No Gi Brazilian Jiu-Jitsu 6:00 pm - 8:00 pm	Basics Brazilian Jiu-Jitsu 7:00 pm - 8:00 pm	Women's BJJ Self Defence 7:00 pm - 8:00 pm	Stretch / Recovery 7:00 pm - 7:45 pm	
Brazilian Jiu-Jitsu 8:00 pm - 9:00 pm Open Mat		Brazilian Jiu-Jitsu 8:00 pm - 9:00 pm Open Mat			