

WEEKLY SCHEDULE

Off the Grid Brazilian Jiu-Jitsu

www.offthegridjiujitsu.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							OTG Sharks BJJ Competition Class
12:00 PM			Adult BJJ Gi			Open Mat	BJJ Gi
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM		4:30 - 5:00 PM TURTLES! (Kids 4-5 years old)		4:30 - 5:00 PM TURTLES! (Kids 4-5 years old)			
5:00 PM	Fundamentals With Coach Koa	Squids and Sharks (ages 6-12) BJJ with Coach Frank	Squids and Sharks (ages 6-12) No Gi and Muay Thai	Squids and Sharks (ages 6-12) BJJ with Coach Frank			
6:00 PM	Open Mat	Open Level Gi (Coach Frank)	Adult Submission Grappling	Open Level Gi (Coach Frank)	COME OUT AND ROLL! Adult BJJ with Coach Carlos		
7:00 PM	Adult Muay Thai Kickboxing with Coach Brad	Open Level Roll	Adult Muay Thai Kickboxing	Open Level Roll			
8:00 PM							

NOTES

Always check with your physician prior to beginning an exercise program.

Please inform the Instructor if you are new to class.

All classes held at Off The Grid BJJ unless otherwise noted.

THANKS TO ALL!