

GEORGIA MARTIAL ARTS & SELF DEFENSE

ADULT BRAZILIAN JIU-JITSU SCHEDULE

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>NO CLASS</u>						
<u>INTERMEDIATE</u> <u>60 MINUTES</u>	12:00PM (NO GI)	12:00PM	12:00PM	12:00PM	12:00PM	11:00AM
<u>FUNDAMENTALS</u> <u>60 MINUTES</u>	6:30PM	5:30PM	5:30PM TEEN CLASS (AGES 11-17) 6:30PM ADULT CLASS	5:30PM		
<u>ADVANCED</u> <u>90 MINUTES</u>	7:30PM	6:30PM	7:30PM (NO GI)	6:30PM		