

Brazilian Jiu-Jitsu North Shore Schedule						
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 AM						Kids Jiu-Jitsu ages 5-7
6:00 PM	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	
	Brazilian Jiu-Jitsu Fundamentals	Brazilian Jiu-Jitsu Fundamentals	Brazilian Jiu-Jitsu Fundamentals	NO GI Fundamentals	NO GI Fundamentals	
7:00 PM	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu Advanced	NO GI All Levels	NO GI Advanced	

Brazilian Jiu-Jitsu Flamingo Schedule						
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Brazilian Jiu-Jitsu Fundamentals / All Levels		Brazilian Jiu-Jitsu Fundamentals / All Levels		Brazilian Jiu-Jitsu Fundamentals / All Levels	
11:00 AM						
5:00 PM	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	
6:00 PM	Brazilian Jiu-Jitsu Fundamentals / All Levels	Brazilian Jiu-Jitsu Fundamentals / All Levels	Brazilian Jiu-Jitsu Fundamentals / All Levels	NO GI All Levels	NO GI All Levels	

\* Beginner "white belts" must complete 12 GI fundamental classes before allowed into NO GI classes.

\*\* Minimum 24 total fundamental classes (GI or NO GI) must be completed to attend All Levels classes.

\*\*\* Advanced classes are "blue belt and higher" or head coach approval.

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	Brazilian Jiu-Jitsu Fundamentals	Brazilian Jiu-Jitsu Fundamentals	Brazilian Jiu-Jitsu Fundamentals	NO GI Fundamentals	NO GI Fundamentals	
7:00 PM	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu Advanced	NO GI All Levels	NO GI Advanced	

### Brazilian Jiu-Jitsu Flamingo Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Brazilian Jiu-Jitsu Fundamentals / All Levels		Brazilian Jiu-Jitsu Fundamentals / All Levels		Brazilian Jiu-Jitsu Fundamentals / All Levels	
11:00 AM						Kids Jiu-Jitsu ages 5-7 *NSP location*
5:00 PM	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	
6:00 PM	Brazilian Jiu-Jitsu Fundamentals / All Levels	Brazilian Jiu-Jitsu Fundamentals / All Levels	Brazilian Jiu-Jitsu Fundamentals / All Levels	NO GI All Levels	NO GI All Levels	