

Brazilian Jiu-Jitsu North Shore Schedule

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