

## Brazilian Jiu-Jitsu North Shore Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	APPOINTMENT ONLY  Private Lessons *Available until 12pm*	NO GI <i>All Levels</i>	APPOINTMENT ONLY  Private Lessons *Available until 12pm*	NO GI <i>All Levels</i>	APPOINTMENT ONLY  Private Lessons *Available until 12pm*	Private Lessons available 9am-11am.
11:00 AM		APPOINTMENT ONLY  Private Lessons *Available until 12pm*		APPOINTMENT ONLY  Private Lessons *Available until 12pm*		APPOINTMENT ONLY  Private Lessons *Available until 12pm*
6:00 PM	Kids Jiu-Jitsu <i>ages 8-12</i>	Kids Jiu-Jitsu <i>ages 5-7</i>	Kids Jiu-Jitsu <i>ages 8-12</i>	Kids Jiu-Jitsu <i>ages 5-7</i>	Kids Jiu-Jitsu <i>ages 8-12</i>	Kids Jiu-Jitsu <i>ages 5-7</i>
	Brazilian Jiu-Jitsu <i>Fundamentals</i>	Brazilian Jiu-Jitsu <i>Fundamentals</i>	Brazilian Jiu-Jitsu <i>Fundamentals</i>	NO GI <i>Fundamentals</i>	NO GI <i>Fundamentals</i>	
7:00 PM	Brazilian Jiu-Jitsu <i>All Levels</i>	Brazilian Jiu-Jitsu <i>All Levels</i>	Brazilian Jiu-Jitsu <i>Advanced</i>	NO GI <i>All Levels</i>	NO GI <i>Advanced</i>	

## Brazilian Jiu-Jitsu Flamingo Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Brazilian Jiu-Jitsu <i>Fundamentals / All Levels</i>	APPOINTMENT ONLY  Private Lessons *Available until 3pm*	NO GI <i>Fundamentals / All Levels</i>	APPOINTMENT ONLY  Private Lessons *Available until 3pm*	NO GI <i>Fundamentals / All Levels</i>	Private Lessons *Available until 3pm*
11:00 AM	APPOINTMENT ONLY  Private Lessons *Available until 3pm*		APPOINTMENT ONLY  Private Lessons *Available until 3pm*		APPOINTMENT ONLY  Private Lessons *Available until 3pm*	APPOINTMENT ONLY  Private Lessons *Available until 3pm*
5:00 PM	Kids Jiu-Jitsu <i>ages 8-12</i>	Kids Jiu-Jitsu <i>ages 5-7</i>	Kids Jiu-Jitsu <i>ages 8-12</i>	Kids Jiu-Jitsu <i>ages 5-7</i>	Kids Jiu-Jitsu <i>ages 8-12</i>	NO GI <i>Drilling / All Levels</i> *NSP location*
6:00 PM	Brazilian Jiu-Jitsu <i>Fundamentals</i>	NO GI <i>Fundamentals</i>	Brazilian Jiu-Jitsu <i>Fundamentals</i>	NO GI <i>Fundamentals</i>	Open Mat All Levels	