



SCHEDULE

Effective June 4, 2018

Times can change without notice. Please visit our website for the most updated schedule information: www.foxvalleygrapplingclub.com

For your first class, please come 10-15 minutes early with your photo ID and comfortable athletic clothes. A mouth guard is required for Kickboxing.

Monday

Brazilian Jiu-jitsu (**Foundations**) 5:15–6:15PM
 Brazilian Jiu-jitsu (**Advanced Gi**) 6:15–8PM

Tuesday

Brazilian Jiu-jitsu (**All belt Gi**) 9-10:30AM

Kids BJJ Program (Ages 6-13) 4–4:45PM

Boxing 5–6:15PM

Brazilian Jiu-jitsu (**Beginner Gi**) 6:15–7:30pm

Open Roll 7:30–8PM

Judo/Wrestling 7:30-8:30PM

Wednesday

Brazilian Jiu-jitsu (**Beginner No Gi**) 9-10:30AM

Open Mat 10:30-11:30AM

Brazilian Jiu-jitsu (**All Belts Gi**) 11:30–1PM

Brazilian Jiu-jitsu (**Foundations**) 5:15–6:15PM

Brazilian Jiu-jitsu (**Advanced Gi**) 6:15–8PM

Thursday

Brazilian Jiu-jitsu (**All belt Gi**) 9-10:30AM

Kids BJJ Program (Ages 6-13) 4–4:45PM

Muay Thai Kickboxing 5–6:15PM

Brazilian Jiu-jitsu (**Beginner Gi**) 6:15-7:30pm

Open Roll 7:30–8PM

Friday

Brazilian Jiu-jitsu (**Beginner No Gi**) 9-10:30AM

Open Mat 10:30-11:30AM

Brazilian Jiu-jitsu (**Advanced Gi**) 11:30–1PM

Brazilian Jiu-jitsu (**Beginner No Gi**) 6:15–7:30PM

Muay Thai Kickboxing 7:30-9PM

Saturday

Kids BJJ Program (Ages 6-13) 9–9:45AM

Brazilian Jiu-jitsu (**All belts**) 10–11AM

Open Roll (5 minute matches) 11AM–12PM

***Advanced BJJ is for BLUE BELT AND ABOVE ONLY unless given explicit permission by James**