



# SCHEDULE

*Effective September 10, 2018*

*Times can change without notice. Please visit our website for the most updated schedule information: [www.foxvalleygrapplingclub.com](http://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

Kids BJJ Program (**Ages 6-9**) 4-4:45PM  
 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 10-13**) 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

Kids BJJ Program (**Ages 6-9**) 4-4:45PM  
 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 10-13**) 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 (**All Ages**) 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**