

ABJJ ANCHORAGE SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
9AM	BJJ ALL LEVELS 9-10:30AM		BJJ ALL LEVELS 9-10:30AM			
10AM						KIDS 10-11AM
11AM						
12PM						BJJ OPEN MAT 12PM-2PM
1PM		BJJ ALL LEVELS 1-2PM		BJJ ALL LEVELS 1-2PM		
2PM						
3PM						
4PM	KIDS 4:30-5:15PM	KIDS 4:30-5:15PM	KIDS 4:30-5:15PM	KIDS 4:30-5:15PM		MMA INTRO/CARDIO 4-6PM
5PM		BJJ INTRO 5:30-6PM				
6PM	BJJ ALL LEVELS 6-8PM	BJJ ALL LEVELS 6-7:30PM	BJJ ALL LEVELS 6-7:30PM	BJJ ALL LEVELS 6-8PM		
7PM					SUBMISSION GRAPPLING 7-9PM	
8PM	MMA ADVANCED 8-10PM	MMA INTRO/CARDIO 7:30-9PM		MMA ADVANCED 8-10PM		
9PM						