



# Ricardo Barros Brazilian Jiu-Jitsu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Kids (5-10 yrs)</b> 9:00-10:00am
<b>Advanced BJJ</b> 10:30am-11:30am	<b>Fundamental BJJ</b> 10:30am-11:30am	<b>Advanced BJJ</b> 10:30am-11:30am	<b>Fundamental BJJ</b> 10:30am-11:30am	<b>Advanced BJJ</b> 10:30am-11:30am	<b>Kids (10-13yrs)</b> 10:00-11:00am
<b>Advanced Sparring</b> 11:30am-12:00pm		<b>Advanced Sparring</b> 11:30am-12:00pm		<b>Advanced Sparring</b> 11:30am-12:00pm	<b>Fundamental BJJ</b> 11:00am-12:00pm
					<b>Advanced BJJ</b> 12:00-1:00pm
					<b>Advanced Sparring</b> 1:00-1:30pm
<b>Kids (Ages 3-4 yrs)</b> 4:15-4:50pm	<b>Kids (Ages 5-7 yrs)</b> 4:15-5:00pm	<b>Kids (Ages 3-4 yrs)</b> 4:15-4:50pm	<b>Kids (Ages 5-7 yrs)</b> 4:15-5:00pm		
<b>Kids Advanced (8-10)</b> 5:00-6:00pm	<b>Kids (Ages 8-10yrs)</b> 5:00-6:00pm	<b>Kids Advanced (8-10)</b> 5:00-6:00pm	<b>Kids (Ages 8-10yrs)</b> 5:00-6:00pm	<b>Kids Advanced (8-10)</b> 5:00-6:00pm	
<b>Fundamental BJJ</b> 6:00-7:00pm	<b>Kids (Ages 11-13)</b> 6:00-7:00pm	<b>Kids Muay Thai</b> 6:00-7:00pm	<b>Kids (Ages 11-13)</b> 6:00-7:00pm	<b>Kids Muay Thai</b> 6:00-7:00pm	
<b>Advanced BJJ</b> 7:00-8:00pm	<b>Fundamental BJJ</b> 7:00-8:00pm	<b>Advanced BJJ</b> 7:00-8:00pm	<b>Fundamental BJJ</b> 7:00-8:00pm	<b>BJJ Open Mat</b> 7:00pm-8:00pm	
<b>Advanced Sparring</b> 8:00-8:30pm	<b>Advanced BJJ</b> 8:00-9:00pm	<b>Advanced Sparring</b> 8:00-8:30pm	<b>Advanced BJJ</b> 8:00-9:00pm		

\*Friday and Saturday classes may be cancelled for special events.

\*Friday night Open Mat is for all students.

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