



# FRBJJ BELLE ISLE

## CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am - 11am	Adults BJJ All Levels	No Gi - Adults BJJ All Levels	Adults BJJ All Levels	Adults BJJ All Levels	Adults BJJ All Levels	Kids BJJ All Ages
11am - 12pm	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	OPEN MAT
12pm - 1pm	Adults BJJ All Levels	No Gi - Adults BJJ All Levels	Adults BJJ All Levels	Adults BJJ All Levels	Adults BJJ All Levels	
4:45pm - 5:30pm	Kids BJJ (4 -7 years old)	No Gi - Kids BJJ (4 -7 years old)	Kids BJJ (4 -7 years old)	Kids BJJ (4 -7 years old)	Kids BJJ (4 -7 years old)	
5:30pm - 6:30pm	Kids BJJ (8-12 years old)	No Gi - Kids BJJ (8-12 years old)	Kids BJJ (8-12 years old)	Kids BJJ (8-12 years old)	Kids BJJ (8-12 years old)	
6:30pm - 7:30pm	Teens/Adults BJJ Fundamentals	No Gi - Teens/Adults BJJ Fundamentals	Teens/Adults BJJ Fundamentals	Teens/Adults BJJ Fundamentals	Teens/Adults BJJ Fundamentals	
7:30pm - 8:30pm	Adults BJJ All Levels	No Gi - Adults BJJ All Levels	Adults BJJ All Levels	Adults BJJ All Levels	Adults BJJ All Levels	