



SOUTH MIAMI

Adult BJJ
All Levels

Youth BJJ
10-15 Years old

Kids Fundamentals
6-9 Years old

Kids Advanced
6-9 Years old

Toddlers BJJ
3-5 Years old

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7h00 AM		ADULTS JIU JITSU		ADULTS JIU JITSU		ADULTS JIU JITSU	
7h45 AM							
8h00 AM							
8h45 AM							
9h00 AM							
09h45 AM							TODDLERS BJJ
10h00 AM							KIDS FUNDAMENTALS
10h30 AM							KIDS ADVANCED
11h00 AM							
11h45 AM							ADULTS JIU JITSU
12h00 PM							
12h00 PM							
3h30PM		TODDLERS BJJ	TODDLERS BJJ	TODDLERS BJJ	TODDLERS BJJ	TODDLERS BJJ	
4h15 PM		KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	
5:00 PM		KIDS ADVANCED	KIDS ADVANCED	KIDS ADVANCED	KIDS ADVANCED	KIDS ADVANCED	
5h45 PM		YOUTH BJJ	YOUTH NOGI	YOUTH BJJ	YOUTH NOGI	YOUTH BJJ	
6h30 PM		ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	
7h00 PM							
7h 30PM			ADULTS NOGI		ADULTS NOGI		



PINECREST

- Adults BJJ
All Levels
- Youth BJJ
10-15 Years old
- Kids Fundamentals
6-9 Years old
- Toddlers BJJ
3-5 Years old

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7h00 AM		ADULTS JIU JITSU		ADULTS JIU JITSU		ADULTS JIU JITSU	
7h00 AM							
8h00 AM							
8h45 AM							
9h15 AM							
09h45 AM							TODDLERS BJJ
10h15 AM							KIDS FUNDAMENTALS
10h15 AM							
11h00 AM							WOMEN'S SELF DEFENSE
11h45AM							ADULTS JIU JITSU
12h00 PM							
3h30PM		TODDLERS BJJ	TODDLERS BJJ	TODDLERS BJJ	TODDLERS BJJ	TODDLERS BJJ	
4h15 PM		KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	
5:00PM							
5h45 PM		YOUTH BJJ		YOUTH BJJ		YOUTH BJJ	
6h00 PM							
6h30 PM		ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	
7h00 PM							
7h 30PM							
8h 15PM							