BUENO JIU JITSU ACADEMY

MONDAY TO FRIDAY

TIME	CLASS
11:00 AM	ADULTS BEGINNERS CLASS
4:15 PM	KIDS 3-5
4:15 PM	KIDS 6-8 (LEVEL 01 AND 02)
5:00 PM	KIDS 8-13 BEGINNERS CLASS
5:00 PM	KIDS 8-13 (LEVEL 01 AND 02)
6:00 PM	ADULTS BEGINNERS CLASS
6:00 PM	ADULTS INTERMEDIATE CLASS

TUESDAY AND THURSDAY

TIME	CLASS
6:00 AM	ADULTS ALL LEVELS
2:00 PM	HOMESCHOOL ALL LEVELS

TUESDAY

TIME	CLASS
5:00 PM	WOMEN'S CLASS

SATURDAY

TIME	CLASS
10:00 AM	KIDS COMPETITION CLASS
11:00 AM	ADULTS OPEN MAT

NOGI CLASSES

TIME	CLASS
11:00 AM	TUESDAY AND FRIDAY (TUESDAY: EVERY OTHER WEEK)
6:00 PM	TUESDAY AND FRIDAY
7:00 PM	TUESDAY