



BEYOND GRAPPLING CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lion cubs (4-6 years)		3:20pm-4pm			3:20pm-4pm	
Kids Judo (6-10 years)	4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	2pm-3pm (home school) 4pm-5pm	830am-9:30am
Teens Judo (10+ years)	5pm-6pm	5pm-6pm (advanced)		5pm-6pm		
Teens BJJ		5pm-6pm (no gi)	5pm-6pm (no gi)		5pm-6pm (gi)	
Judo Fundamentals	6pm-7pm	6pm-7pm		6pm-7pm		9:30am-10:30am
Advanced Judo	6pm-7pm			6pm-7pm		
BJJ Fundamentals gi	7:30pm-8:30pm	6pm-7pm		7:30pm-8:30pm	6pm-7pm	
No gi BJJ		7pm-8pm			5:30pm-6:30pm	10:30am-11:30
Open Mat	7:00pm-7:30pm			7:00pm-7:30pm		

For a two week free trial contact Head Coach Matt
0422793609 or info@beyondgrapplingclub.com