

# Cardoso Jiu Jitsu - Class Schedule

As of February 2019

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5am							
6am	<b>Fitness Bootcamp</b> 5:30 - 6am		<b>Fitness Bootcamp</b> 5:30 - 6am		<b>Fitness Bootcamp</b> 5:30 - 6am		
	<b>Fitness Bootcamp</b> 6 - 6:30am		<b>Fitness Bootcamp</b> 6 - 6:30am		<b>Fitness Bootcamp</b> 6 - 6:30am		
7am							
8am							
9am						<b>Fitness Bootcamp</b> 9 - 10am	
10am	<b>Fitness Bootcamp</b> 9:35 - 10:30am		<b>Fitness Bootcamp</b> 9:35 - 10:30am		<b>Fitness Bootcamp</b> 9:35 - 10:30am	<b>Kids Jiu Jitsu*</b> 10 - 11am	
11am						<b>Adult BJJ</b> 11am - 12pm	
12pm		<b>Adult BJJ</b> 12 - 1pm		<b>Adult BJJ</b> 12 - 1pm		<b>Open Mat</b> 12 - 1pm	
1pm							
2pm							
3pm							
4pm							
5pm	<b>Kids Jiu Jitsu</b> 5 - 6pm		<b>Kids Jiu Jitsu</b> 5 - 6pm	<b>Kids Jiu Jitsu</b> 5 - 6pm			
6pm	<b>Fitness Bootcamp</b> 6 - 6:45pm	<b>Fitness Bootcamp</b> 6 - 6:45pm	<b>Fitness Bootcamp</b> 6 - 6:45pm	<b>Fitness Bootcamp</b> 6 - 6:45pm			
7pm	<b>Fitness Bootcamp</b> 6:45 - 7:30pm	<b>Fitness Bootcamp</b> 6:45 - 7:30pm	<b>Fitness Bootcamp</b> 6:45 - 7:30pm	<b>Fitness Bootcamp</b> 6:45 - 7:30pm	<b>Open Mat</b> 6:30-7:30pm		
8pm	<b>Adult BJJ</b> 7:30 - 8:30pm	<b>Adult BJJ</b> 7:30 - 8:30pm	<b>Adult BJJ</b> 7:30 - 8:30pm	<b>Adult BJJ</b> 7:30 - 8:30pm			
9pm							