

# Cardoso Jiu Jitsu - Class Schedule

As of August 2020

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
11am						Kids Jiu Jitsu 11 - 12pm	
12pm		Adult BJJ 12 - 1pm		Adult BJJ 12 - 1pm		Adult BJJ 12 - 1pm	
1pm						Open Mat 1 - 2pm	
2pm							
3pm							
4pm							
5pm		Kids Jiu Jitsu (Age 7-12) 5 - 6pm		Kids Jiu Jitsu (Age 7-12) 5 - 6pm			
6pm							
7pm					Open Mat 6:30-7:30pm		
8pm	Adult BJJ NoGi 7:30 - 8:30pm	Adult BJJ Gi 7:30 - 8:30pm	Adult BJJ NoGi 7:30 - 8:30pm	Adult BJJ Gi 7:30 - 8:30pm			
9pm							