

# Cardoso Jiu Jitsu

Effective May 2021

	Mon	Tue	Wed	Thurs	Fri	Sat
11am	.	.	.	.	.	<b>Family Class</b> Meets Every Other Week 11am - 12pm
12pm	.	<b>Adult BJJ</b> Fundamentals (Gi) 12-1pm	.	<b>Adult BJJ</b> Fundamentals (Gi) 12-1pm	.	<b>Adult BJJ</b> Fundamentals (Gi) 12-1pm
1pm	.	.	.	.	.	.
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5pm	<b>Kids BJJ</b> (Ages 3-7) 4:30-5:30pm	<b>Kids BJJ</b> (Ages 3-7) 4:30-5:30pm	<b>Kids BJJ</b> (Ages 3-7) 4:30-5:30pm	<b>Kids BJJ</b> (Ages 3-7) 4:30-5:30pm	.	.
6pm	<b>Kids BJJ</b> (Ages 8-12) 5:30-6:30pm	<b>Kids BJJ</b> (Ages 8-12) 5:30-6:30pm	<b>Kids BJJ</b> (Ages 8-12) 5:30-6:30pm	<b>Kids BJJ</b> (Ages 8-12) 5:30-6:30pm	.	.
7pm	<b>Teens (13+) and Ladies</b> BJJ (Gi) 6:30-7:30pm	<b>Teen (13+) and Ladies</b> Kickboxing 6:30-7:30pm	<b>Teens (13+) and Ladies</b> BJJ (Gi) 6:30-7:30pm	<b>Teen (13+) and Ladies</b> Kickboxing 6:30-7:30pm	<b>Open Mat</b> Members Only 1 stripe and above 6:30-7:30pm	.
8pm	<b>Adult BJJ</b> (NoGi) 7:30-8:30pm	<b>Adult BJJ</b> Fundamentals (Gi) 7:30-8:30pm	<b>Adult BJJ</b> (NoGi) 7:30-8:30pm	<b>Adult BJJ</b> Fundamentals (Gi) 7:30-8:30pm	.	.