

Marcelo Mafra



Brazilian Jiu Jitsu

Marcelo Mafra

Brazilian Jiu Jitsu

Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Adult jiu-jitsu 10-11	Adult jiu-jitsu 10-11	Adult jiu-jitsu 10-11:30	Adult jiu-jitsu 10-11	Adult jiu-jitsu 10-11:30	OPEN MATS 10:30-12:30
		Adopt A COP 11-12		Adopt A COP 11-12		
	KIDS JIU-JITSU 4-5	PLAY JIU-JITSU 4-5	KIDS JIU-JITUSU 4-5	PLAY JIUJITSU 4-5	KIDS JIU-JITSU 4-5	KIDS competition 11-12:30
	ADVANCED KIDS JIU-JITSU 5-6	KIDS STRIKING 4-5	ADVANCED KIDS JIU-JITU 5-6	KIDS STRIKING 4-5	ADVANCED KIDS JIU-JITSU 5-6	
	ADULT JIU-JITSU 7-8	KIDS JIU-JITSU 5-6	ADULT JIU-JITSU 7-8	KIDS JIU-JITSU 5-6	ADULT JIU-JITSU 7-8	
	ADULT JIU-JITSU 8-9	ADULTS STRIKING 6::30-7:30	ADULT JIU-JITSU 8-9	ADULTS STRIKING 6::30-7:30	ADULT JIU-JITSU 8-9	
		GRAPPLING 8-9		GRAPPLING 8-9		