



Maфра BJJ Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30 am MMA		8:30 am MMA		
10am-12pm Open Mat	10 am All Level BJJ	10 am All Level Grappling	10 am All Level BJJ	10 am All Level Grappling	10 am All Level BJJ	10am-12pm Open Mat
	4-5 pm Kids Play BJJ 3-6 Age	4-5 pm Kids BJJ 7-14 Age	4-5 pm Kids Play BJJ 3-6 Age	4-5 pm Kids BJJ 7-14 Age	4-5 pm Kids Play BJJ 3-6 Age	
	5-6:30pm Kids BJJ 7-14 Age	5-6pm NoGi Kids	5-6:30pm Kids BJJ 7-14 Age	5-6pm NoGi Kids	5-6:30pm Kids BJJ 7-14 Age	
		6-7:30pm Kick- boxing		6-7:30pm Kick- boxing		
	7-8:30pm BJJ Adult All Level	7-8:30pm Adult White Belt	7-8:30pm BJJ Adult All Level	7-8:30pm Adult White Belt	7-8:30pm BJJ Adult All Level	

Sign Up Today for a One (1) Week Trial Membership. * No Cash Value * New Members Only.
One Trial Membership per person. Sign Up on MaфраBJJ.com

www.MaфраBJJ.com



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