

	SABRE JIU-JITSU ACADEMY CLASS SCHEDULE						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM - 6 AM						ADULT BJJ (GI) 4x10's (Need 5 confirmed)	
6 AM - 7 AM		ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI) 4x10's	
7:30 AM - 8:30 AM		YOGA					
8 AM - 9 AM	OPEN MAT		YOGA				ADULT BASICS (GI)
9:30 AM - 10:30 AM			YOGA				
9 AM - 10 AM						YOGA	ADULT ADVANCE BJJ (GI)
10 AM - 11 AM							ADULT BJJ (GI)
10:30 AM - 11:30 AM						YOGA	
12 PM - 1 PM		ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI)	ADULT BJJ (GI) 4x10's	
4 PM - 5 PM	YOGA (EVERY OTHER SUNDAY)	KIDS JUDO	KIDS BJJ (NOGI)	KIDS BJJ (NOGI)	KIDS BJJ (GI)		
5 PM - 6 PM		KIDS BJJ (GI)	KIDS WRESTLING	KIDS CONDITIONING	KIDS BJJ COMPETITION CLASS	ADULT JUDO	
6 PM - 7 PM		ADULT BJJ (GI)	WOMEN'S BJJ	ADULT BJJ (GI)	ADULT WRESTLING	ADULT BASICS (GI)	
7 PM - 8 PM		ADULT ADVANCE BJJ (GI)	ADULT BJJ (NOGI)	ADULT ADVANCE BJJ (GI)	ADULT BJJ (NOGI)	OPEN MAT	

"Adult Advance BJJ (GI)" class are for students with 2 or more months experience.

All other Adult Classes are open for ALL LEVELS

 Sabre Jiu-Jitsu Academy

 sabre_bjj

930 Detriot Ave, Suite F, Concord, CA 94518

