

North Shore Schedule Brazilian Jiu-Jitsu

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM						Kids Jiu-Jitsu ages 5-7
6:00 PM *Mat 1*	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	
6:15 PM *Mat 2*	Brazilian Jiu-Jitsu Teens	Brazilian Jiu-Jitsu Teens	Brazilian Jiu-Jitsu Teens	Brazilian Jiu-Jitsu Teens	Brazilian Jiu-Jitsu Extra Sparring	
7:00 PM *Mat 1*	NO GI Teens	NO GI Teens	NO GI Teens	NO GI Teens		*6:15pm to 7:30pm*

Scott Rakow Schedule Brazilian Jiu-Jitsu

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM						Kids Jiu-Jitsu ages 5-7 *NSP location*
5:00 PM	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 8-12	