

North Shore Schedule Brazilian Jiu-Jitsu

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM					Senior Fall Prevention *@ Scott Rakow*	Strenght Training *@ G12 Garage*
10:00 AM						
10:30 AM						
6:15 PM *Mat 2*	Brazilian Jiu-Jitsu <i>Fundamentals</i>	Brazilian Jiu-Jitsu <i>All Levels</i>	Brazilian Jiu-Jitsu <i>All Levels</i>	Brazilian Jiu-Jitsu <i>All Levels</i>	Brazilian Jiu-Jitsu <i>All Levels</i>	
7:00 PM *Mat 1*	NO GI <i>Fundamentals</i>	NO GI <i>All Levels</i>	NO GI <i>All Levels / Takedowns</i>	NO GI <i>All Levels</i>	NO GI <i>Competition Class</i>	