

North Shore Schedule Brazilian Jiu-Jitsu						
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM						Kids Jiu-Jitsu ages 5-7 Wrestling
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/ All levels	Brazilian Jiu-Jitsu Teens/ All levels	Brazilian Jiu-Jitsu Teens/ All levels	Brazilian Jiu-Jitsu Teens/ All levels	Brazilian Jiu-Jitsu Teens/ All levels	
7:00 PM *Mat 1*	NO GI Teens/ Fundamentals	NO GI Teens/ All levels	NO GI Teens/ Takedowns	NO GI Teens/ All levels	NO GI Competition Class	

Scott Rakow Schedule Brazilian Jiu-Jitsu						
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM						Kids Jiu-Jitsu ages 5-7 & Wrestling *@ North Shore*
5:00 PM	Kids Jiu-Jitsu ages 5-7			Kids Jiu-Jitsu ages 5-7	Kids Jiu-Jitsu ages 5-7	
6:00 PM	Kids Jiu-Jitsu ages 8-12			Kids Jiu-Jitsu ages 8-12	Kids Jiu-Jitsu ages 8-12	