

## North Shore Schedule Brazilian Jiu-Jitsu

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
9:00 AM					Fall Prevention	Strenght Training			
10:00 AM					NO GI <i>All Levels</i>		NO GI <i>All Levels</i>		
10:30 AM									
6:15 PM <b>*Mat 2*</b>	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 + Extra Sparring</i>				
7:00 PM <b>*Mat 1*</b>	NO GI <i>Fundamentals</i>	NO GI <i>All Levels</i>	NO GI <i>All Levels / Takedowns</i>	NO GI <i>All Levels</i>	<b>*6:15pm to 7:30pm*</b>				