

Guillobel Brazilian Jiu-Jitsu & Self-Defense Schedule

MONDAY

| | | |
|---|---|---------------------|
| ■ | All Levels Morning Brazilian Jiu-Jitsu | 10:00 am - 11:30 am |
| ■ | Kids Fundamentals <i>6 - 8 Years Old</i> | 2:30 pm - 3:20 pm |
| ■ | Little Ninjas <i>3 - 5 Years Old</i> | 3:20 pm - 4:00 pm |
| ■ | Juniors Fundamentals <i>9 - 13 Years Old</i> | 4:00 pm - 5:00 pm |
| ■ | Kids Fundamentals <i>6 - 8 Years Old</i> | 5:00 pm - 6:00 pm |
| ■ | BJJ Combative | 6:00 pm - 7:30 pm |
| ■ | Beginners BJJ | 7:30 pm - 8:30 pm |

TUESDAY

| | | |
|---|---|---------------------|
| ■ | All Levels Morning Brazilian Jiu-Jitsu | 8:30 am - 10:00 am |
| ■ | Kids Fundamentals <i>6 - 8 Years Old</i> | 10:00 am - 11:00 am |
| ■ | Juniors Fundamentals <i>9 - 13 Years Old</i> | 11:00 am - 12:00 pm |
| ■ | Ginastica Natural Training | 1:00 pm - 2:00 pm |
| ■ | Tiny Ninjas <i>Program for 2 to 3 Years Old</i> | 2:30 pm - 3:00 pm |
| ■ | Little Ninjas <i>3 - 5 Years Old</i> | 3:20 pm - 4:00 pm |
| ■ | Kids - Black Belt Club <i>5 - 7 Year Old Invites</i> | 4:00 pm - 5:00 pm |
| ■ | Juniors - Black Belt Club | |

8 - 13 Year Old Invites

5:00 pm - 6:00 pm

■ BJJ Combative

6:00 pm - 7:30 pm

■ Beginners BJJ

7:30 pm - 8:30 pm

WEDNESDAY

■ All Levels Morning Brazilian Jiu-Jitsu

10:00 am - 11:30 am

■ Kids Fundamentals

2:30 pm - 3:20 pm

6 - 8 Years Old

■ Little Ninjas

3:20 pm - 4:00 pm

3 - 5 Years Old

■ Juniors Fundamentals

4:00 pm - 5:00 pm

9 - 13 Years Old

■ Kids Fundamentals

5:00 pm - 6:00 pm

6 - 8 Years Old

■ BJJ Combative

6:00 pm - 7:30 pm

■ Beginners BJJ

7:30 pm - 8:30 pm

THURSDAY

■ All Levels Morning Brazilian Jiu-Jitsu

8:30 am - 10:00 am

■ Kids Fundamentals

10:00 am - 11:00 am

6 - 8 Years Old

■ Juniors Fundamentals

11:00 am - 12:00 pm

9 - 13 Years Old

■ Ginastica Natural Training

1:00 pm - 2:00 pm

■ Tiny Ninjas

2:30 pm - 3:00 pm

Program for 2 to 3 Years Old

■ Little Ninjas

3:20 pm - 4:00 pm

3 - 5 Years Old

■ Kids - Black Belt Club

5 - 7 Year Old Invites

4:00 pm - 5:00 pm

- Juniors - Black Belt Club

5:00 pm - 6:00 pm

8 - 13 Year Old Invites

- BJJ No Gi

6:00 pm - 7:30 pm

- Beginners BJJ

7:30 pm - 8:30 pm

FRIDAY

- BJJ No Gi

10:00 am - 11:30 am

- Kids Competition

4:30 pm - 6:00 pm

- Open Mat

6:00 pm - 7:30 pm

SATURDAY

- PARENTS & ME

8:20 am - 9:00 am

- BJJ Combative Competition

9:00 am - 10:30 am

SUNDAY

- Open Mat

11:00 am - 1:00 pm

Our Students' Guests Are Welcome