



2020 Fall Schedule

Group	Striking	BJJ: No-Contact	Gracie/Brazilian Jiu-Jitsu	Women's Self-Defense
Monday	Monday	Monday	Monday	Monday
6a - 6:45a			Adult	
7a - 12p	Available for Private Instruction			
3:30p - 4p	Virtual Class			
4:15p - 4:45p	Kids (4-8)			
5p - 5:45p	Kids (9-12)			
6p - 6:45p	Adult			
6:45p - 8p			Adult	
Group	Striking	BJJ: No-Contact (DRILLS)	Gracie/Brazilian Jiu-Jitsu	Women's Self-Defense
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
7a - 12p	Available for Private Instruction			
4:15p - 4:45p		Kids (4 - 6)		
5p - 5:30p		Kids (7 & 8)		
5:45p - 6:15p		Kids (9 - 12)		
6:30p - 6:45p	Ask Ranard: Q&A Session			
6:45p - 8p			Adult	
8p - 9p	Available for Private Instruction			
Group	Striking	BJJ: No-Contact	Gracie/Brazilian Jiu-Jitsu	Women's Self-Defense
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
6a-6:45a			Adult	
7a-12p	Available for Private Instruction			
3:30p-4p	Virtual Class			
4:15p-5p			Kids (4 - 6)	
5:15p - 6p			Kids (7 & 8)	
6:15p - 7p			Kids (9 - 12)	
Group	Striking	BJJ: No-Contact	Gracie/Brazilian Jiu-Jitsu	Women's Self-Defense
Thursday	Thursday	Thursday	Thursday	Thursday
7a - 12p	Available for Private Instruction			
4:15p - 4:45p			Kids (4 - 6)	
5p - 5:30p			Kids (7 & 8)	
5:45p - 6:15p			Kids (9 - 12)	
6:30p - 6:45p	Ask Ranard: Q&A Session			
6:45p - 8p			Adult	
Group	Striking	BJJ: No-Contact	Gracie/Brazilian Jiu-Jitsu	Women's Self-Defense
Friday	Friday	Friday	Friday	Friday
6a - 6:45am			Adult	
7am-11am	Available for Private Instruction			
6:30p - 8pm				Women-only 1st & 3rd Friday
Group	Striking	BJJ: No-Contact	Gracie/Brazilian Jiu-Jitsu	Women's Self-Defense
Saturday	Saturday	Saturday	Saturday	Saturday
8a - 8:30a	Available for Private Instruction			
8:45a - 9:45a			Kids (4-6)	
10a - 11:00a			Kids (7 & 8)	
11:15a - 12:15p			Kids (9-12)	
12:30p - 2p			Adult	

Legend
Adult
Kids
Virtual Class
Ask Ranard- Q&A
Private Instruction