

GULF BREEZE BJJ

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00						Fight Like a Girl
10:00						7 to 15 Years old
10:30	Adult Foundation		Adult Foundation		Adult Foundation	
10:30			Adult Beginners			
11:00						Adult Foundation Junior Team ONLY
11:30			Submission Wrestling NOGI			
16:10	3 to 6 Years old	Fight Like a Girl	3 to 6 Years old - NOGI	Fight Like a Girl	3 to 6 Years old	
17:00	7 to 15 Years old	7 to 15 Years old	Wrestling 7 to 15 Years old	7 to 15 Years old	7 to 15 Years old	
18:00	Adult Foundation	Adult Foundation	Adult Foundation	Adult Foundation	Adult Foundation	
18:00	Adult Beginners		Adult Beginners		Adult Beginners	
18:00		MUAY THAI Little Tigers		MUAY THAI Little Tigers		
19:00	Submission Wrestling NOGI	Sparring Session	Wrestling	Sparring Session	Submission Wrestling NOGI	
19:00		KICKBOXING AND MUAY THAI BASIC		KICKBOXING AND MUAY THAI BASIC		

3 to 6 years old (50min) - All levels

7 to 15 years old (60min) - All levels

Adult Foundation (60min) - All levels

Adult Beginners (60min) - Beginners

Fight Like a Girl (60min) - All Levels

Sparring Session (60min) - All Levels

Muay Thai Little Tigers (60min) - 6 to 12 years old

Kickboxing and Muay Thai Basic (60min) - All levels

Submission Wrestling NOGI (60min) - All levels

Wrestling (60min) - All levels

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