

150 GRAPPLING

2023

CLASS SCHEDULE

MONDAY

6:00-7:15 AM Adult Jiu-Jitsu (GI)
5:15-6:15PM KIDS Jiu-Jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (GI)

TUESDAY

12:00-1:15 PM Adult Jiu-Jitsu (GI)
5:15-6:15PM KIDS Jiu-Jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (NOGI)

WEDNESDAY

6:00-7:15 AM Adult Jiu-Jitsu (GI)
5:15-6:15PM Novice Adult Jiu-Jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (GI)

THURSDAY

12:00-1:15 PM Adult Jiu-Jitsu (GI)
5:15-6:15PM KIDS Jiu-Jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (NOGI)

FRIDAY

6:00-7:15 AM Adult Jiu-Jitsu (NOGI)
12:00-1:15 PM Adult Jiu-Jitsu (NOGI)
5:15-6:15PM Novice Adult Jiu-Jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (GI)

SATURDAY

9:30-10:30AM KIDS Jiu-Jitsu (GI)
10:45AM-12:15PM Adult Jiu-Jitsu (NOGI)

SUNDAY

10:00AM-12:00PM Adult OPEN MAT (GI &
NOGI) Instructor: Mike Saylor

Please contact us prior to visiting!

www.150grappling.com

Email: staff@150grappling.com