

BOGA WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 TO 8:00 AM	NO-GI	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	NO-GI	
8:00 TO 9:00 AM		OPEN MAT		OPEN MAT		PRIVATES
9:00 TO 10:00 AM	NO-GI HOMESCHOOLERS	PRIVATES	NO-GI HOMESCHOOLERS	PRIVATES		KIDS 4-6
10:00 TO 11:00 AM						KIDS 7-9 / 10-13
10:00 TO 11:30 AM	ADVANCED CLASS		ADVANCED CLASS		ADVANCED CLASS	
11:00 TO 12:00 PM						BJJ FUNDAMENTALS
12:15 TO 1:15 PM					PRIVATES	NO-GI OPEN MAT
3:15 TO 3:45 PM	KIDS 3-4	KIDS 3-4	KIDS 3-4	KIDS 3-4	KIDS 3-4	PRIVATES
4:00 TO 5:00 PM	KIDS 4-6 KIDS 7-9	KIDS 4-6 KIDS 7-9	KIDS 4-6 KIDS 7-9	KIDS 4-6 KIDS 7-9	KIDS 4-6	
5:00 TO 6:00 PM	KIDS 7-9	KIDS 7-9	KIDS 7-9	KIDS 7-9	KIDS 7-9 / 10-13	
6:15 TO 7:15 PM	KIDS 10-13	KIDS 10-13	KIDS 10-13	KIDS 10-13	NO-GI	
7:30 TO 9:00 PM	TEENS (UP TO 15)	TEENS (UP TO 15)	NO-GI	TEENS (UP TO 15)	OPEN MAT	
7:30 TO 9:00 PM	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	NO-GI	BJJ FUNDAMENTALS		
9:00 TO 10:00 PM	NO-GI OPEN MAT	NO-GI OPEN MAT	OPEN MAT	NO-GI OPEN MAT		

*FREE WEEK TRIAL.

*10% discount for every additional family member.

*Academy is CLOSED on Sundays. "



UNITED AS A FAMILY