



SIRI BRAZILIAN JIU-JITSU PASCO ACADEMY

Official Weekly Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM to 6:30 AM						MAT 1 All Adults Gi Summer 5:30-6:30 AM	
7:30 AM to 9:00 AM							MAT 1 Youth Adv. & Comp Team Prac. 7:30-9:00 AM
9:00 AM to 10:30 AM	MAT 1 All Adults (Gi) 9:00-10:30 AM	MAT 1 Adults Adv. (No-Gi) 9:00-10:30 AM	MAT 1 Adults Adv. (No-Gi) 9:00-10:30 AM	MAT 1 Adults Adv. (No-Gi) 9:00-10:30 AM	MAT 1 Adults Adv. (No-Gi) 9:00-10:30 AM		MAT 1 All Adults (No-Gi) 9:00-10:30 AM
10:30 AM to 12:00 PM							MAT 1 Striking 10:30-12:00 PM
4:00 PM to 5:00 PM		MAT 1 Youth Adv. & Comp Team Prac. 4:00-5:00 PM	MAT 1 Youth Adv. & Comp Team Prac. 4:00-5:00 PM	MAT 1 Youth Adv. & Comp Team Prac. 4:00-5:00 PM	MAT 1 Youth Adv. & Comp Team Prac. 4:00-5:00 PM		MAT 1 Youth Wrestling (Shoes) 4:00-5:30 PM
5:00 PM to 6:00 PM		MAT 1 Youth/Teen Essentials (Gi) 5:00-6:00 PM	MAT 1 Youth/Teen Essentials (Gi) 5:00-6:00 PM	MAT 1 Youth/Teen Essentials (No-Gi) 5:00-6:00 PM	MAT 1 Youth/Teen Essentials (No-Gi) 5:00-6:00 PM		MAT 1 Youth BJJ Wrestling 5:30-6:30 PM
6:00 PM to 7:00 PM		MAT 1 Youth/Teen Intermediate (Gi) 6:00-7:00 PM	MAT 1 Youth/Teen Intermediate (Gi) 6:00-7:00 PM	MAT 1 Youth/Teen Intermediate (No-Gi) 6:00-7:00 PM	MAT 1 Youth/Teen Intermediate (No-Gi) 6:00-7:00 PM		MAT 2 Women's Only
7:00 PM to 8:00 PM		MAT 1 All Adults (Gi) 7:00-8:00 PM	MAT 1 All Adults (Gi) 7:00-8:00 PM	MAT 1 All Adults (No-Gi) 7:00-8:00 PM	MAT 1 All Adults (No-Gi) 7:00-8:00 PM		MAT 1 Adults Open Mat 6:30-8:00 PM
8:00 PM to 9:00 PM		MAT 1 Adults Striking 8:00-9:00 PM	MAT 1 Adults Adv. Wrestling 8:00-9:30 PM	MAT 1 Adults Striking 8:00-9:00 PM	MAT 1 Adults Adv. Leg Locks 8:00-9:30 PM		