

IBJJA INDIANA BRAZILIAN JIU JITSU ACADEMY

Mat 1 Schedule

IBJJA.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am		Adult BJJ 9:00 am - 10:00 am					
10:00 am	Adult BJJ 10:00 am - 11:00 am		Adult BJJ 10:00 am - 11:00 am			No-Gi BJJ 10:00 am - 11:00 am	
11:00 am							
12:00 pm							Competition Training 12:00 pm - 2:00 pm
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Kids 3-5 BJJ 5:15 pm - 6:00 pm	No-Gi BJJ 5:00 pm - 6:00 pm	Kids 3-5 BJJ 5:15 pm - 6:00 pm	No-Gi BJJ 5:00 pm - 6:00 pm			
6:00 pm	Kids 6-12 BJJ 6:00 pm - 6:45 pm	Kickboxing 6:00 pm - 7:00 pm	Kids 6-12 BJJ 6:00 pm - 6:45 pm	Kickboxing 6:00 pm - 7:00 pm	Wrestling 6:00 pm - 7:00 pm		
7:00 pm	Adult BJJ 7:00 pm - 8:30 pm	Adult BJJ 7:00 pm - 8:30 pm	Adult BJJ 7:00 pm - 8:30 pm	Adult BJJ 7:00 pm - 8:30 pm			
8:00 pm							

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Mat 2 Schedule

IBJJA.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Combat Conditioning 9:00 am - 10:00 am		Combat Conditioning 9:00 am - 10:00 am				
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Women's Only BJJ 5:00 pm - 6:00 pm						
6:00 pm	Women's ONLY Bootcamp 6:00 pm - 7:00 pm		Women's ONLY Bootcamp 6:00 pm - 7:00 pm	Women's Only BJJ 6:00 pm - 7:00 pm			
7:00 pm	Kids' MMA 7:00 pm - 8:00 pm		Kids' MMA 7:00 pm - 8:00 pm				