



OUR SCHEDULE



Tillis_BJJ



(562) 631 - 2408

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30 - 12:00 pm Adult BJJ Gi	10:30 - 12:00 pm Adult BJJ Gi	10:30 - 12:00 pm Adult BJJ Gi	10:30 - 12:00 pm Adult BJJ Gi	10:30 - 12:00 pm Adult BJJ No- Gi	11:00 - 1:00 pm Open Mat All Ages
	12:00 - 4:00 pm Available for Private Lessons	12:00 - 4:00 pm Available for Private Lessons	12:00 - 4:00 pm Available for Private Lessons	12:00 - 4:00 pm Available for Private Lessons	12:00 - 4:00 pm Available for Private Lessons	
		4:30 - 5:00 pm Kid's Kickboxing				
	5:00 - 6:00 pm Kid's BJJ Gi	5:00 - 6:00 pm Kid's Wrestling	5:00 - 6:00 pm Kid's BJJ Gi	5:00 - 6:00 pm Kid's Kickboxing	5:00 - 6:00 pm Kid's BJJ No-Gi	
	6:00 - 7:30 pm Adult BJJ Gi	6:00 - 7:30 pm Adult BJJ Gi	6:00 - 7:30 pm Adult Competition Training	6:00 - 7:30 pm Adult BJJ No-Gi	6:00 - 7:30 pm Open Mat	
	7:30 - 9:00 pm Wrestling	7:30 - 9:00 pm Boxing	7:30 - 9:00 pm BJJ Fundamentals	7:30 - 9:00 pm Boxing		

Call to inquire about Free Week!
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