



THE SIX LEVELS APOPKA SCHEDULE (EFFECTIVE AUGUST 2017)

MONDAY

5:00pm- 6:00pm Youth Jiu-Jitsu (Ages 6-12 FULL GI)

6:15pm-7:15pm Fundamental Jiu-Jitsu (FULL GI)

7:30pm - 8:30pm Adult Jiu-Jitsu(FULL GI)

TUESDAY

5:00pm- 6:00pm Youth Jiu-Jitsu (Ages 6-12 FULL GI)

6:15pm -7:15pm Group Fitness

7:30pm -8:30pm Adult Jiu-Jitsu (FULL GI)

WEDNESDAY

5:00pm - 6:00pm Youth Jiu-Jitsu (Ages 6-12 FULL GI)

6:15pm - 7:00pm Fundamental Jiu-Jitsu (FULL GI)

7:30pm - 8:30pm Adult Jiu-Jitsu (FULL GI)

THURSDAY

5:00pm - 6:00pm Youth Jiu-Jitsu (Ages 6-12 NO GI)

6:15pm – 7:15pm Group Fitness

7:30pm –8:30pm Adult Jiu-Jitsu (NO GI)

FRIDAY

5:00pm – 6:30pm Open Mat

SATURDAY

9:00am – 10:00am Group Fitness

10:00am – 11:00am Youth Jiu-Jitsu (NO GI)

11:00am-12:00pm Adult Jiu-Jitsu (NO GI)