



COBRINHA BRAZILIAN JIU-JITSU REDONDO BEACH CLASS SCHEDULE



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	JIU-JITSU (GI) FUNDAMENTALS (6:30am - 7:30am)		JIU-JITSU (GI) FUNDAMENTALS (6:30am - 7:30am)		JIU-JITSU (NO-GI) ALL LEVELS (ADULTS) (6:30am - 7:30am)		
9:00 AM		JIU-JITSU DRILLING & TEAM CIRCUIT TRAINING (9:00am - 10:00am)		JIU-JITSU DRILLING & TEAM CIRCUIT TRAINING (9:00am - 10:00am)		LIL COBRAS (7 & Up) JIU-JITSU (9:00am - 10:00am)	COMPETITION TRAINING / OPEN MAT (8:00am - 10:00am) ***Pending Competition Schedule***
10:00 AM		JIU-JITSU (GI) FUNDAMENTALS (10:00am - 11:00am)		JIU-JITSU (GI) FUNDAMENTALS (10:00am - 11:00am)		JIU-JITSU (GI) FUNDAMENTALS (10:00am - 11:00am)	
11:00 AM							
3:00 PM							
4:00pm	MINI COBRAS YOUTH JIU-JITSU (GI) (3-6yrs) (4:00pm-4:30pm)		MINI COBRAS YOUTH JIU-JITSU (GI) (3-6yrs) (4:00pm-4:30pm)		MINI COBRAS YOUTH JIU-JITSU (GI) (3-6yrs) (4:00pm-4:30pm)		
4:45 PM - 6:00PM	LIL COBRAS (7 & Up) JIU-JITSU (GI) (4:45pm - 6:00pm)	LIL COBRAS (7 & Up) JIU-JITSU (GI) (4:45pm - 6:00pm)	LIL COBRAS (7 & Up) JIU-JITSU (GI) (4:45pm - 6:00pm)	LIL COBRAS (7 & Up) JIU-JITSU (NO-GI) (4:45pm - 6:00pm)	LIL COBRAS (7 & Up) JIU-JITSU (GI) (4:45pm - 6:00pm)		
		LIL COBRAS (7 & Up) JIU-JITSU (NO-GI) (4:45pm - 6:00pm)					
6:00 PM	JIU-JITSU (GI) FUNDAMENTALS (6pm - 6:50pm)	JIU-JITSU (GI) FUNDAMENTALS (6pm - 6:50pm)	JIU-JITSU (GI) FUNDAMENTALS (6pm - 6:50pm)	JIU-JITSU (GI) FUNDAMENTALS (6pm - 6:50pm)	LIL COBRAS COMP TEAM TRAINING (COMP TEAM ONLY)		
7:00 PM	JIU-JITSU (GI) ALL LEVELS (ADULTS) (7:00pm - 8:00pm)	JIU-JITSU (NO-GI) ALL LEVELS (ADULTS) (7:00pm - 8:00pm)	JIU-JITSU (GI) ALL LEVELS (ADULTS) (7:00pm - 8:00pm)	JIU-JITSU (NO-GI) ALL LEVELS (ADULTS) (7:00pm - 8:00pm)	JIU-JITSU (GI) ALL LEVELS (ADULTS) (6:30pm - 8:00pm)		
8:00 PM	JIU-JITSU (GI) COMPETITION (8:00pm - 8:30pm)		JIU-JITSU (GI) COMPETITION (8:00pm - 8:30pm)		JIU-JITSU (GI) COMPETITION (8:00pm - 8:30pm)		