

# Roll Model Grappling Academy

## Schedule for Mat 2

(317) 709-4043 [www.RollModelGrapplingAcademy.com](http://www.RollModelGrapplingAcademy.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 - 7:00am					C L O S E D			
7:00 - 8:00am								
8:00 - 9:00am								
9:00 - 10:00am								
10:00 - 11:00am							Reserved for	Reserved for
11:00 - 12:00pm							Team Events	Team Events
12:00 - 1:00pm							See Calendar	See Calendar
1:00 - 2:00pm							for Open Mats	for Open Mats
2:00 - 3:00pm								
3:00 - 4:00pm								
4:00 - 5:00pm								
5:00 - 6:00pm								
6:00 - 7:00pm	BJJ Basics Adult		BJJ Basics Adult	Women's Only Gi BJJ				
7:00 - 8:30pm								

\*\* Kids BJJ Basics (3 and up)

# Roll Model Grappling Academy

## Schedule for Mat 1

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 - 7:00am		BJJ Basics Adult		BJJ Basics Adult	C L O S E D			
7:00 - 8:00am								
8:00 - 9:00am								
9:00 - 10:00am	Adult No-Gi BJJ	Adult BJJ	Adult BJJ	Adult BJJ				
10:00 - 11:00am								
11:00 - 12:00pm							Training	Training
12:00 - 1:00pm							As Avaliable	As Avaliable
1:00 - 2:00pm								
2:00 - 3:00pm								
3:00 - 4:00pm								
4:00 - 5:00pm								
5:00 - 6:00pm	Women's Only No-Gi BJJ							
6:00 - 7:00pm	Kids No-Gi BJJ	Kickboxing	(6 to 6:45pm) Kids BJJ	Women's Only BJJ				
7:00 - 8:30pm	Adult No-Gi BJJ	Adult BJJ	Adult BJJ	Adult BJJ				

\*\* Kids BJJ Basics (3 and up) and Kids BJJ (6 to 12 year olds)