Roll Model Grappling Academy

Schedule for Mat 1 and 2

(317) 709-4043 www.RollModelGrapplingAcademy.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00am							
7:00 - 8:00am							
8:00 - 9:00am							
9:00 - 10:00am	Adult Jiu Jitsu	Adult Jiu Jitsu	Adult Jiu Jitsu	Adult Jiu Jitsu			
10:00 - 11:00am							
11:00 - 12:00am							
12:00 - 1:00pm					Training As Available	Training As Available	Training As Available
1:00 - 2:00pm							
2:00 - 3:00pm							
3:00 - 4:00pm							
4:00 - 5:00pm							
5:00 - 6:00pm	(5:15 - 6pm) Kids Jiu Jitsu Ages 6-9		(5:15 - 6pm) Kids Jiu Jitsu Ages 6-9				
Mat B 5:00 - 6:00pm	Tiny Warriors. 5:15 - 5:45. Ages 3-6		Tiny Warriors. 5:15 - 5:45. Ages 3-6				
6:00 - 7:00pm	(6 to 6:45pm) Kids Jiu Jitsu. Ages 9-14	Kickboxing	(6 to 6:45pm) Kids Jiu Jitsu. Ages 9-14	Kickboxing			
Mat B 6:00 - 7:00pm	Adult Judo	Women's Only No-Gi Jiu Jitsu	Adult Judo	Women's Only Gi Jiu Jitsu			
7:00 - 8:30pm	Adult No-Gi Jiu Jitsu	Adult Jiu Jitsu	Adult Jiu Jitsu	Adult Jiu Jitsu			
Mat B 7:00 - 8:00pm	Kids Judo		Kids Judo				