

rock double five jiu-jitsu

adult schedule

	<i>mon</i>	<i>tues</i>	<i>wed</i>	<i>thur</i>	<i>fri</i>	<i>sat</i>
5:00 AM	Adult No Gi - Vale Tudo		Adult No Gi - Vale Tudo		Adult Gi	
11:00 AM	Adult No Gi - Vale Tudo		Adults Gi		Adults Judo Gi	
5:30 PM	Women's Class Coming Soon!!		Women's Class Coming Soon!!			
6:30 PM	Adults Gi	Adult Gi	Adults Gi Drillers	Adult No Gi - Vale Tudo		

coming soon: womens class!

**vale tudo = self defense*