

Richmond Brazilian Jiu-Jitsu and Self-Defense Academy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day Classes						Brazilian Jiu-Jitsu: Fundamentals (10 AM - 11:15 AM)
		Brazilian Jiu-Jitsu: All Levels (12 PM - 1:30 PM)		Brazilian Jiu-Jitsu: All Levels (12 PM - 1:30 PM)		Open Mat (11:15 AM - 1 PM)
						Competition Team (on select dates)
Academy opens at 5:30 pm for evening classes.						
Evening Classes	Muay Thai: Fundamentals (6 PM - 7 PM)	Muay Thai: Mixed Levels (6 PM - 7 PM)	Muay Thai: Fundamentals (6 PM - 7 PM)	Muay Thai: Mixed Levels (6 PM - 7 PM)	Muay Thai: Fundamentals (6 PM - 7 PM)	
			Muay Thai: Mixed Levels Clinch (6 PM - 7 PM)			
	Brazilian Jiu-Jitsu: Fundamentals (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Fundamentals (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Fundamentals (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Fundamentals (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Fundamentals (7 PM - 9 PM)	
	Brazilian Jiu-Jitsu: Mixed Levels (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Mixed Levels No-Gi (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Mixed Levels (7 PM - 9 PM)	Women's BJJ (7 PM - 9 PM)	Brazilian Jiu-Jitsu: Mixed Levels (7 PM - 9 PM)	