



## OCEAN COUNTY BRAZILIAN JIU-JITSU

Our Academy's Schedule (Updated October 2011)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:45am			Conditioning		Conditioning		
9:00am - 9:45am	Kid's						Kid's 9:30am-10:15am
9:45am - 10:45am	Adult's Mixed						Kickboxing 10:30am-11:30am
10:30am - 11:30am	MMA 11:00am-12:00pm						Adult's Mixed 11:30am-12:30pm
11:30am - 12:00pm							
12:00pm - 1:30pm				Adult's Mixed 12:00pm-1:00pm			
4:30pm - 5:15pm			Kid's		Kid's		
5:30pm - 6:15pm		Kid's	Adult & Teen Basic	Kid's	Adult & Teen Basic		
6:15pm - 6:30pm			Randori		Randori		
6:30pm - 7:30pm		Intermediate	Black Belt	Kickboxing	Black Belt		
7:30pm - 8:30pm		Basic	Basic	Adult's Mixed	Intermediate	Women's	
8:30pm - 9:30pm		Randori	Randori	Randori	Randori		

Kid's Class		Basic	Up to 2-Stripe White Belt
Kid's Class		Mixed Gi	All Adult Levels
Teen's Class		Intermediate	2-Stripe White Belt & Higher
Women's		Black Belt	Blue Belt & Higher
		No-Gi	2-Stripe White Belt & Higher
Randori	Optional Live Training - 2-Stripe White Belt & Higher		