

APEX

BRAZILIAN JIU JITSU & KIDS SCHEDULE 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:00	BJJ GI	BJJ No-Gi	BJJ GI	BJJ No-Gi	BJJ GI	
7:00 – 7:30					Intro To BJJ	
9:00 – 10:00						Kids BJJ
10:00 – 11:00						Famous Open Mat
16:00 – 17:00	Kids BJJ	Kids Boxing	Kids BJJ	Kids Boxing		
18:30 – 19:30	BJJ GI	BJJ No-Gi	BJJ GI	BJJ No-Gi		