

INSIGHT BJJ (HQ) SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5am - 6am BJJ GI		5am - 6am BJJ GI		5am - 6am BJJ GI		
	12pm - 1 BJJ GI		12pm - 1 Nogi Grappling		10am - 11am Striking	
	2:00pm - 3:00pm Homeschool Kids BJJ		2:00pm - 3:00pm Homeschool Kids Nogi		11am - Noon Kids Advanced BJJ	
4:45pm - 5:15pm 3-5 Kids BJJ	4:30pm - 5:30pm Kids Thai Boxing	4:45pm - 5:15pm 3-5 Kids BJJ	4:30pm - 5:30pm Kids Thai Boxing		Noon - 1pm Women's Only	
5:30pm - 6:30pm 6-13 Kids BJJ	5:30pm - 6:30pm BJJ GI Fundamentals	5:30pm - 6:30pm 6-13 Kids BJJ	5:30pm - 6:30pm BJJ GI Fundamentals	5:30pm - 6:30pm Kids Competition BJJ	1:15pm - 2:15pm Kids Thai Boxing	
6:30pm - 8:00pm BJJ GI	6:30pm - 8:00pm Nogi Grappling	6:30pm - 8:00pm BJJ GI	6:30pm - 8:00pm Nogi Grappling	6:30 - 8:00pm Open Mat		3:00pm - 4:30pm Judo
	8:15pm - 9:15pm Capoeira	8pm - 9pm MMA	8:15pm - 9:15pm Capoeira			6pm - 7pm BJJ GI Drilling

Try a FREE WEEK!
512-718-2539