

VT1 BJJ

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2
5.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.00pm	
6.30pm	BJJ Elite 6.30-7.30pm	BJJ Adv 6.30-7.30pm	BJJ Fund 6.30-7.30pm	BJJ No GI 6.30-7.30pm	BJJ Elite 6.30-7.30pm	BJJ Adv 6.30-7.30pm	Wrestling 6.30-7.30pm	BJJ Fund 6.30-7.30pm	No Gi Open Mat 6.00-7.00pm	
7.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	BJJ Inter 7.30-8.30pm	Wrestling 7.30-8.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	BJJ Inter/Adv 7.30-8.30pm	Stretch and Flow 7.30-8.30pm	Open Drilling 7.00-7.30pm	
8.30pm	Open Drilling									
9.00pm	Gym Close									

	Saturday	
	Area 1	Area 2
10.00am	BJJ Inter 10.00-11.00am	BJJ Adv 10.00-11.00am
11.00am	BJJ Fund 11.00-12.00pm	Stretch and Flow 11.30-12.30pm
12.00pm		
12.30pm		
	Gym Close	