

# WINE COUNTRY BJJ

## MONDAY

5:15PM - Womens Class  
6:30PM - Adult / Teen

## TUESDAY

4:30AM- Adult  
9:00AM - Adult  
4:15PM - Kids (4-6)  
5:00PM - Fundamentals  
5:15PM - Kids (7-12)  
6:30PM - Adult/Teen

## WEDNESDAY

4:30AM- Adult  
6:00AM - Adult  
9:00AM - Adult  
4:15PM - Kids (4-6)  
5:15PM - Kids (7-12)  
6:30PM - Adult/Teen

## THURSDAY

(Nogi All Classes)  
4:30AM- Adult  
9:00AM - Adult  
4:15PM - Kids (4-6)  
5:00PM - Fundamentals  
5:15PM - Kids (7-12)  
6:30PM - Adult/Teen

## FRIDAY

6:00AM - Adult  
9:00AM - Adult / Teen  
4:00PM - Boxing (7-17)

## SATURDAY

8:00AM - OPEN MAT  
9:30AM - Kids (4-6)  
9:30AM - Kids (7-12)