

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:30am	7:30am		All Levels BJJ		All Levels BJJ			Closed	6:30am	7:30am	
9:00am	10:00am								Kids Takedown	9:00am	10:00am
10:00am	10:30am								Drills	10:00am	10:30am
10:30am	11:00am								Sparring	10:30am	11:00am
11:15am	12:15pm								Sparring	11:15am	12:15pm
11:30am	12:00pm	Adults Intro*		Adults Intro*		11:30am	12:00pm				
12:00pm	1:00pm	All Levels BJJ		All Levels BJJ		12:00pm	1:00pm				
12:15pm	1:00pm		Conditioning		Conditioning		12:15pm			1:00pm	
3:45pm	4:15pm	Kids Intro*	Kids Intro*	Kids Intro*	Kids Intro*	Kids Intro*				3:45pm	4:15pm
4:30pm	5:30pm	Little Bees	Little Bees	Little Bees	Little Bees	Kids NoGI				4:30pm	5:30pm
		Busy Bees	Busy Bees	Busy Bees	Busy Bees						
5:45pm	6:45pm	Fundamentals	Fundamentals	Fundamentals	Fundamentals	All Levels NoGI			5:45pm	6:45pm	
		Intermediate	Advanced	Intermediate	Advanced						
6:45pm	7:15pm	Adults Intro*	Adults Intro*	Adults Intro*	Adults Intro*	Sparring			6:45pm	7:15pm	
		Sparring	Sparring	Sparring	Sparring						
7:15pm	8:15pm	Self-Defense	Fundamentals	Takedown	Fundamentals				7:15pm	8:15pm	
			Intermediate		Intermediate						


**Little Bees:** 5-7yo; **Busy Bees:** 8-12yo; **Kids NoGI** and **Takedown:**5-12yo;

**All Levels:** class to all students (Fundamentals; Intermediate; Advance)

**Fundamentals:** our beginners program. Come learn the basics!

**Intermediate:** white belts 3 stripes and above only

**Advance:** blue belts and above only



**Sparring:** white belts 2 stripes and above only

**Self-Defense:** all levels

**Adults Takedown:** Judo and Wrestling takedowns for BJJ (all levels)

**Conditioning:** Exercises to get your BJJ faster and stronger!

**Drills:** drilling the techniques we've been working all week (all levels)

**\*Adults and Kids Intros:** please call/text 720-239-2879 or email busybjj@gmail.com to schedule your first class with us!