



# FRBJJ ORLANDO

## ADULT CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:30am - 7:30am</b>	BJJ All Levels ----- Muay Thai -- ----- FR Fit	BJJ All Levels ----- FR Fit	BJJ All Levels ----- Muay Thai -- ----- FR Fit	No Gi BJJ All Levels ----- FR Fit	BJJ All Levels ----- Muay Thai -- ----- FR Fit	
<b>10:00am - 11:00am</b>						Women's BJJ
<b>11:00am - 12:00pm</b>	Muay Thai		Muay Thai		Muay Thai	FR Fit
<b>12:00pm - 1:00pm</b>	BJJ All Levels ----- FR Fit	BJJ All Levels ----- FR Fit	BJJ All Levels ----- FR Fit	No Gi BJJ All Levels ----- FR Fit	BJJ All Levels ----- FR Fit	Open Mat
<b>5:30pm - 6:30pm</b>	Muay Thai ----- FR Fit	Muay Thai ----- FR Fit	Muay Thai ----- FR Fit	Muay Thai ----- FR Fit	Muay Thai ----- FR Fit	
<b>6:30pm - 8:00pm</b>	BJJ Fundamentals ----- Competition Class	BJJ Fundamentals ----- Competition Class	BJJ Fundamentals ----- Competition Class	No Gi BJJ Fundamentals ----- Competition Class	BJJ Fundamentals ----- Competition Class	
<b>8:00pm - 9:00pm</b>	BJJ All Levels	BJJ All Levels	BJJ All Levels	No Gi BJJ All Levels	BJJ All Levels	