

SERGIO PENHA

BRAZILIAN JIU-JITSU ACADEMY

Family - Loyalty - Respect

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM to 10:00AM							
10:00AM to 12:00PM	Gi	No Gi	Gi	No Gi	Gi		
12:00PM to 2:00PM						Open Mat	
2:00PM to 4:00PM							
4:00PM to 5:00PM	Youth Beginners		Youth Beginners		Youth Beginners		
5:00PM to 7:00PM	Gi	No Gi	Gi	No Gi	Gi		
7:00PM to 8:00PM							

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