





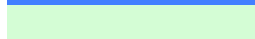

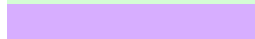




Fifty/50 Brazilian Jiu-Jitsu Academy Schedule

3601 N Fairfax Drive, Suite 200, Arlington, VA 22201

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am		BJJ Basics		No-Gi Basics			
11am-12pm	No-Gi Basics	BJJ Basics	No-Gi Basics	BJJ Basics	NoGi Basics	BJJ Basics	
12-1pm	No-Gi Advanced	BJJ Advanced	No-Gi Advanced	BJJ Advanced	NoGi Advanced	BJJ Advanced	
1-3pm						Open Mat	Open Mat
4:30-5pm		Mini 25/50's		Mini 25/50's			
5-5:45pm	Gi 25/50's	Gi 25/50's	Gi 25/50's	No-Gi 25/50's			
6-6:30pm	Intro		Intro		Open Mat		
6:30-7:30pm	No-Gi Basics	BJJ Women's	No-Gi Basics	BJJ Women's	BJJ Basics		
7:30-8:30pm	Wrestling	BJJ Basics	Wrestling	BJJ Basics	BJJ Marathon Roll		
8:30-9:30pm	No-Gi Expert	BJJ Expert	No-Gi Advanced	BJJ Advanced	Open Mat		

Color Key:

	Expert (<i>Purple & Above</i>)		Mini 25/50's (4-6 yr olds)
	Advanced (<i>Blue & Above</i>)		Intro Session (<i>Students new to BJJ</i>)
	Basics (<i>All Ranks</i>)		Wrestling
	Women's Classes (<i>All Ranks</i>)		Open Mat
	25/50's (<i>7-13 yr olds</i>)		