



# Fifty/50 Brazilian Jiu-Jitsu Academy 2016 Schedule

929 W Broad Street, Suite 103, Falls Church, VA 22046

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am		BJJ Fundamentals II		No-Gi Fundamentals II			
11:30am-12:30pm	No-Gi Fundamentals II	BJJ Fundamentals II	No-Gi Fundamentals II	BJJ Fundamentals II	NoGi Fundamentals II	BJJ Fundamentals II	BJJ Women's
12:30-1:30pm	No-Gi Open Mat	BJJ Open Mat	No-Gi Open Mat	BJJ Open Mat	NoGi Open Mat	12-1pm	12-1pm
1-3pm						Open Mat	Open Mat
4:30-5pm	BJJ Mini 25/50's		BJJ Mini 25/50's				
5-5:45pm	BJJ 25/50's	BJJ 25/50's	BJJ 25/50's	No-Gi 25/50's	BJJ Mini 25/50's		
5-6pm	Advanced 25/50		Advanced 25/50		Wrestling 25/50's		
6:00-6:30pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat		
6:30-7:30pm	No-Gi Fundamentals II Fundamentals I	BJJ Fundamentals II Fundamentals I	No-Gi Fundamentals II Fundamentals I	BJJ Fundamentals II Fundamentals I	BJJ Fundamentals II		
7:30-8:15pm			Tournament Prep	Tournament Prep			
7:30-9pm	No-Gi Advanced	BJJ Advanced	No-Gi Advanced 8:15-9:15pm	BJJ Advanced 8:15-9:15pm	BJJ Marathon Roll 7:30-8:30		

**Color Key:**

	Women's Classes (All Ranks)		Open Mat
	Fundamentals I (Beginners w/ less than 6 months)		Advanced 25/50 (Invite Only 7-13 yr olds)
	Fundamentals II (For Beginners 6+ months)		Beginner 25/50 (6-13 yr olds)
	Tournament Prep (6+months exp)		Mini 25/50 (3-5 yr olds)
	Advanced (Blue Belts and above)		