

York Judo & BJJ Class Schedule | July 2021

Start Time: 9:00 AM Time Interval: 30 (in minutes)

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------|---|----------------------------------|---------------------------------|----------------------------------|---------------------------|--------------------------|-----|
| 9:00 AM | | | | | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | Kids BJJ 10:00am-11:00am | |
| 10:30 AM | | | | | | | |
| 11:00 AM | Adult BJJ 11:00am-12:00pm | | Adult BJJ 11:00am-12:00pm | | Adult BJJ 11:00am-12:00pm | Teen BJJ 11:00am-12:00pm | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | Adult BJJ 12:00pm-1:00pm | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | Kids BJJ 5:00pm-6:00pm | Teens BJJ 5:00pm-6:00pm | Kids BJJ 5:00pm-6:00pm | Teens BJJ 5:00pm-6:00pm | Kids BJJ 5:00pm-6:00pm | | |
| 5:30 PM | | | | | | | |
| 6:00 PM | Teens BJJ 6:00pm-7:00pm | Women's BJJ 6:00pm-7:00pm | Teens BJJ 6:00pm-7:00pm | Women's BJJ 6:00pm-7:00pm | Teens BJJ 6:00pm-7:00pm | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | Adult Beginner BJJ/Self Defence 7:00pm-8:00pm | Advanced Adult BJJ 7:00pm-8:30pm | | Advanced Adult BJJ 7:00pm-8:30pm | Adult BJJ 7:00pm-8:30pm | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | Takedowns for BJJ 8:00pm-9:00pm | | Takedowns for BJJ 8:00pm-9:00pm | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |
| 9:30 PM | | | | | | | |
| 10:00 PM | | | | | | | |
| 10:30 PM | | | | | | | |
| 11:00 PM | | | | | | | |