



Basics Schedule

Intended for first time practitioners and those who want to polish their fundamental skills.

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00 am - 7:00 am Basics - Class A Adults GI		6:00 am - 7:00 am Basics - Class B Adults GI		6:00 am - 7:00 am Basics Overview Adults GI		
		11:00 am - 12:00pm Women's Adults GI			7:30 am - 8:30 am Basics Overview Adults GI	8:00 am - 9:00 am Yoga Stretch & Recovery
12:00 pm - 1:00 pm Basics - Class A Adults GI		12:00 pm - 1:00 pm Basics - Class B Adults GI				9:00 am - 11:00 am Open Mat Jiu Jitsu
					12:00 pm - 1:00 pm Adults Rounds Jiu Jitsu	12:00 pm - 1:00 pm Adults Intro (Monthly)
5:00 pm - 6:00 pm Basics - Class A Adults GI	5:00 pm - 6:00 pm Basics - Class A Adults GI	5:00 pm - 6:00 pm Basics - Class B Adults GI	5:00 pm - 6:00 pm Basics - Class B Adults GI		<div>  <div> JIU JITSU  EST. 2016 </div> </div>	
6:00 pm - 7:00 pm Women's Adults GI	6:00 pm - 7:00 pm Basics - Class A Adults GI		6:00 pm - 7:00 pm Class B Adults GI	6:00 pm - 7:00 pm Women's Adults GI		
7:00 pm - 8:00 pm Basics - Class A Adults GI		7:00 pm - 8:00 pm Basics - Class B Adults GI		7:00 pm - 8:00 pm Basics Overview Adults No GI		
<p>*** No regularly scheduled classes on holidays, check @northparkbjj instagram for open mat/alternate class schedule ***</p> <ul style="list-style-type: none"> - Adult Basics focuses on basics techniques (Ideal for Fast Pass students) - During Open Mat the mats are open for rounds or drilling, GI or No Gi. Open to all academies - Yoga is Free & Open to all academies - Adults Intro conducted once a month for new students (Jiu Jitsu 101) Dates TBA 						