

**CLAUDIO FRANCA BRAZILIAN JIU JITSU
WATSONVILLE SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM		Adult Co-ed BJJ	Women's Self Defense & BJJ	Adult Co-ed BJJ			
10:00 AM							
11:00 AM						Children & Youth BJJ	
12:00PM-1:30PM	Adult Co-ed BJJ		Adult Co-ed BJJ			Adult Co-ed BJJ	
3:10 PM	Lil Jaguars BJJ (Ages 4-5)		Lil Jaguars BJJ (Ages 4-5)				
4:00 PM	Children's BJJ (Ages 6-9)	Kids Striking (Ages 7-15)	Children's BJJ (Ages 6-9)	Kids Striking (Ages 7-15)			
5:00 PM	Youth BJJ (Ages 10-15)	Kids BJJ Comp Training (Ages 7-15)	Youth BJJ (Ages 10-15)	Kids BJJ Comp Training (Ages 7-15)	MT Strength & Conditioning 5:30PM-6:30PM		
6:00 PM	Adult Co-ed No-Gi BJJ	Muay Thai Kickboxing	Adult Co-ed BJJ	Muay Thai Kickboxing	Open Mat 6:30PM-8PM		
7:00 PM	Open Mat 7:30PM-8PM	Adult Co-ed BJJ	Open Mat 7:30PM-8PM	Adult Co-ed BJJ			
8:30 PM		Open Mat 8:30PM-9PM		Open Mat 8:30PM-9PM			

www.cfbjjw.com

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Come in for a free trial class today!



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