



CHECKMAT

BRENTWOOD, CALIFORNIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00AM-7:00AM ADULT JIU-JITSU ALL LEVELS		6:00AM-7:00AM ADULT JIU-JITSU ALL LEVELS	10:00AM-11:00AM ADULT SPECIFIC SPARRING		9:30AM ADULT FIGHT TEAM INVITE ONLY
5:30PM-6:15PM LITTLE CHAMPS AGES 4-6 GROUP A	5:30PM-6:15PM LITTLE CHAMPS AGES 4-6 GROUP B	5:30PM-6:15PM LITTLE CHAMPS AGES 4-6 GROUP A	5:30PM-6:15PM LITTLE CHAMPS AGES 4-6 GROUP B	5:30PM-6:30PM YOUTH MMA/NO GI ELITE & LEGACY 8 -14 YRS	
6:15PM-7:00PM ELITE COMP TEAM INVITE ONLY	6:15PM-7:00PM YOUTH BJJ LEGACY 8 -14 YRS	6:15PM-7:00PM ELITE COMP TEAM INVITE ONLY	6:15PM-7:00PM YOUTH BJJ LEGACY 8 -14 YRS	6:30PM-7:30PM ADULT NO-GI ALL LEVELS	
7:00PM-7:45PM ADULTS FUNDAMENTALS	7:00PM-7:45PM ELITE COMP TEAM INVITE ONLY	7:00PM-7:45PM ADULTS FUNDAMENTALS	7:00PM-7:45PM ELITE COMP TEAM INVITE ONLY		
7:45PM-8:45PM ADULT JIU-JITSU ALL LEVELS	7:45PM-8:45PM ADULT NO-GI ALL LEVELS	7:45PM-8:45PM ADULT JIU-JITSU ALL LEVELS	7:45PM-8:45PM ADULT NO-GI ALL LEVELS		

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