

# ASCEND ATHLETICS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30AM-12:30PM						BJJ ALL LEVELS
12:00PM-1:00PM		BJJ ALL LEVELS			BJJ ALL LEVELS	
1:00PM-2:00PM		BJJ ALL LEVELS			BJJ ALL LEVELS	BJJ TOTS
2:00PM-3:00PM						BJJ KIDS
3:30PM-4:30PM						JUDO KIDS
5:00PM-6:00PM	BJJ TEENS	BJJ KIDS		BJJ TEENS	BJJ KIDS	
6:30PM-7:30PM	BJJ FUNDAMENTALS	JUDO FOR BJJ/BEGINNERS	BJJ FUNDAMENTALS	BJJ INTERMEDIATE	WRESTLING FOR BJJ/BEGINNERS	
7:30PM-8:30PM	BJJ INTERMEDIATE	BJJ FUNDAMENTALS	BJJ INTERMEDIATE	BJJ FUNDAMENTALS	NO.GI	
8:30PM-9:30PM	RANDORI	RANDORI	RANDORI	RANDORI	RANDORI	