

# CRUVINEL BROS. STRATFORD

|          | Monday            | Tuesday            | Wednesday            | Thursday                 | Friday | Saturday        | Sunday |
|----------|-------------------|--------------------|----------------------|--------------------------|--------|-----------------|--------|
| 6 AM     |                   | BJJ (GI)           |                      | BJJ ( GI)                |        |                 |        |
| 9:00 AM  |                   |                    |                      |                          |        | Kids BJJ (4-7)  |        |
| 10.00 AM |                   |                    |                      |                          |        | Kids BJJ (8-12) |        |
| 11:00 AM |                   |                    |                      |                          |        | Judo            |        |
|          |                   |                    |                      |                          |        |                 |        |
| 4:00 PM  |                   |                    |                      | ADV. NO GI<br>KIDS CLASS |        |                 |        |
| 4:15 PM  | B. Kids BJJ (4-7) |                    |                      |                          |        |                 |        |
| 5:00 PM  | Kids BJJ (4-7)    | Kids BJJ (8-12)    | Kids BJJ NO GI (4-7) | Kids BJJ (8-12) NO-GI    |        |                 |        |
| 6:00 PM  | BIG KIDS BJJ (GI) | BJJ (GI)<br>ADULTS | ADULTS FUND. (GI)    | ADULTS NO GI             |        |                 |        |
| 7:00 PM  | BJJ (GI)          |                    | BJJ ( NO GI)         | BJJ (GI)                 |        |                 |        |
| 7:30 PM  |                   | Judo               |                      |                          |        |                 |        |