

CRUVINEL BROS. MONROE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	BJJ (GI)		BJJ (NO GI)		BJJ (NO GI)		
9:00 AM						BJJ (GI)	
10:00 AM						KIDS BJJ (4-12) GI	
10:45 AM		KIDS BJJ (4+) Home-school			KIDS BJJ (4+) Home-school		
11:00 AM						Adult Muaythai	
12:00 PM	BJJ (GI)	BJJ (NO GI)	BJJ (GI)		BJJ (NO GI)		
4:00 PM	KIDS BJJ (4-7) GI		KIDS BJJ (4-7) GI		KIDS BJJ (4-7) GI		
4:00 PM	KIDS MUAYTHAI 4-12		KIDS MUAYTHAI 4-12	KIDS MUAYTHAI 4-12			
5:00 PM			KIDS MUAYTHAI 4-12	KIDS MUAYTHAI 4-12			
5:00 PM	KIDS BJJ (4-7) GI	KIDS BJJ (8-12) NO-GI	KIDS BJJ (4-7) GI	KIDS BJJ (8-12) NO-GI	Kids comp class		
6:00 PM	KIDS BJJ (8-12) GI	KIDS BJJ (4-7) NO-GI	KIDS BJJ (8-12) GI	KIDS BJJ (4-7) NO-GI	Adult Fund.		
6:00 PM	Adult Muaythai	Teen BJJ	Capoeira 6+	Teen BJJ NO-GI	Capoeira 6+		
7:00 PM	BJJ (GI)	BJJ (NO GI)	BJJ (GI)	BJJ (NO GI)	ADULT COMP CLASS (GI)		
7:00 PM		Adult Muaythai	Adult Muaythai	Adult Muaythai			