



# Checkmat Murrieta

## Brazilian Jiu-Jitsu

### Gym Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Adult GI All Levels	Adult GI All Levels	Adult GI All Levels	Adult GI All Levels	Adult GI All Levels	
8:30 AM	Adult NOGI		Adult NOGI			Women's GI 9AM
9:30 AM	Adult GI All Levels		Adult GI All Levels		Takedowns Adult GI (9AM)	
10:00 AM		Adult GI Fundamentals		Adult GI Fundamentals		Open Mat 10AM-12PM
11:00 AM		Competition Class		Competition Class		
3:10 PM	Kids GI 3-5		Kids GI 3-5			
4:00 PM	Kids GI 4-8	Kids NOGI 4-13	Kids GI 4-8	Kids NOGI 4-8		
5:00 PM	Kids GI 9-13	Adult GI Fundamentals	Kids GI 9-13	Kids NOGI 9-13	Adult GI Fundamentals	
					Adult NOGI	
6:00 PM	Adult GI All Levels	Adult GI All Levels	Adult GI All Levels	Adult GI All Levels	Live Rounds All Levels	
7:30 PM	Women's GI All Levels	Adult NOGI	Women's GI All Levels	Adult NOGI		
	Adult GI Fundamentals					

