



JIU-JITSU

FRBJJ ORLANDO

KIDS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am - 12:00pm						Kids BJJ (All Ages)
4:45pm - 5:30pm	Kids BJJ (4 - 7 years old) ----- Kids FR Fit (7 - 12 years old)	Kids BJJ (4 - 7 years old) ----- Kids Muay Thai (7 - 12 years old) ----- Kids FR Fit (7 - 12 years old)	Kids BJJ (4 - 7 years old) ----- Kids FR Fit (7 - 12 years old)	No Gi Kids BJJ (4 - 7 years old) ----- Kids Muay Thai (7 - 12 years old) ----- Kids FR Fit (7 - 12 years old)	Kids BJJ (4 - 7 years old) ----- Kids FR Fit (7 - 12 years old)	
5:30pm - 6:30pm	Kids BJJ (8 - 12 years old) ----- Muay Thai (13 years and up) ----- FR Fit (13 years and up)	Kids BJJ (8 - 12 years old) ----- Muay Thai (13 years and up) ----- FR Fit (13 years and up)	Kids BJJ (8 - 12 years old) ----- Muay Thai (13 years and up) ----- FR Fit (13 years and up)	No Gi Kids BJJ (8 - 12 years old) ----- Muay Thai (13 years and up) ----- FR Fit (13 years and up)	Kids BJJ (8 - 12 years old) ----- Muay Thai (13 years and up) ----- FR Fit (13 years and up)	
6:30pm - 8:00pm	BJJ Fundamentals (13 years and up) ----- Kids Competition Class	BJJ Fundamentals (13 years and up) ----- Kids Competition Class	BJJ Fundamentals (13 years and up) ----- Kids Competition Class	No Gi BJJ Fundamentals (13 years and up) ----- Kids Competition Class	BJJ Fundamentals (13 years and up) ----- Kids Competition Class	