



BRAZILIAN JIU-JITSU

FAMILY TRAINING CENTER

Cedar Park East Class Schedule

Monday

- Adults: 6:30a to 7:20a
- Adults: 12:00p to 12:50p
- Open Mat: 1:00p to 1:30p
- 3 to 5 y/o: 3:30p to 3:50p
- 3 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens: 7:00p to 7:50p

Tuesday

- 3 to 5 y/o: 3:30p to 3:50p
- 3 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens: 7:00p to 7:50p

Friday

- Open Mat: 6:30p to 7:00p

Wednesday

- Adults: 6:30a to 7:20a
- Adults: 12:00p to 12:50p
- Open Mat: 1:00p to 1:30p
- 3 to 5 y/o: 3:30p to 3:50p
- 3 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens: 7:00p to 7:50p

Thursday

- 3 to 5 y/o: 3:30p to 3:50p
- 3 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens: 7:00p to 7:50p

Saturday

- Parents/Youth: 9:00a to 9:50a
- Adults & Teens: 10:00a to 10:50a
- Open Mat: 11:00a to 11:30a