

# Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
6:00-7:00am		6:00-7:00am		6:00-7:00am		6:00-7:00am		6:00-7:00am		
Adult BJJ		Advanced BJJ		Adult BJJ		Advanced BJJ		Adult BJJ	7:30-8:30am	
				10:00-11am				10:00-11am	Adult BJJ	
		10:30-Noon		Homeschool BJJ		10:30-Noon		Homeschool BJJ	9:30-10:30am	
		Adult BJJ				Adult BJJ			Krav Maga	
		4:30-5:15pm				4:30-5:15pm			11:00-Noon	
		Kids BJJ				Kids BJJ			Adult BJJ	1-2:30pm
									Open Mat	Adult BJJ
5:30-6:15pm		5:30-6:15pm		5:30-6:15pm		5:30-6:15pm				
Kids BJJ	6:15-7:15pm	Kids BJJ		Kids NoGi	6:15-7:15pm	Kids BJJ				3:00-4:00pm
6:30-8:00pm	Thai Boxing	6:30-7:45pm	6:30-7:45pm	6:30-7:30	Thai Boxing	6:30-7:30pm	6:30-7:30pm	6:30-8:00pm		MMA Grice
Adult BJJ	7:15-8:15pm	MMA Grice	Adult BJJ	Krav Maga	7:15-8:15pm	Krav Maga	Fundamental BJJ	Open Mat		
	Ladies BJJ	Open Mat			Adult NoGi		7:30-8:30pm			
							Competition			

**THE FORGE BRAZILIAN JIU JITSU**  
**1125 S Broadway - Edmond, OK 73034 - (405) 216-3961**  
**Info@TheForgeBJJ.com**