



# SEEDS 13 JIU JITSU ACADEMY | EARLY-TX

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30AM	BEGINNERS / ALL LEVELS	NOGI ALL LEVELS	BEGINNERS / ALL LEVELS	NOGI ALL LEVELS	BEGINNERS / ALL LEVELS	
6:45AM			YOGA		YOGA	
12PM	BEGINNERS	NOGI ALL LEVELS	BEGINNERS	NOGI ALL LEVELS	BEGINNERS	YOGA CLASS 11AM
3:15PM		YOGA		YOGA		BJJ OPEN MAT 12PM
4:30PM 4-7 AGE	TYNE SEEDS GI	TYNE SEEDS NOGI	TYNE SEEDS GI	TYNE SEEDS NOGI		
5:00PM					TYNE SEEDS & LITTLE TREES - GI	
5:30PM 8-12 AGE	LITTLE TREES GI	LITTLE TREES NOGI	LITTLE TREES GI	LITTLE TREES NOGI		
6:45PM	BEGINNERS	NOGI ALL LEVELS	BEGINNERS / WOMEN	NOGI ALL LEVELS	BEGINNERS / WOMEN	