



# SEEDS 13 JIU JITSU ACADEMY | EARLY-TX

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30AM	BEGINNERS / ALL LEVELS		BEGINNERS / ALL LEVELS		BEGINNERS / ALL LEVELS	BJJ OPEN MAT 10AM
12PM	BEGINNERS	NOGI ALL LEVELS	BEGINNERS	NOGI ALL LEVELS	BEGINNERS	KIDS & ADULTS
4:30PM 4-7 AGE	TINY SEEDS GI	TINY SEEDS NOGI	TINY SEEDS GI	TINY SEEDS NOGI		
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	