



SEEDS 13 JIU JITSU ACADEMY | SAN ANGELO-TX

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30AM	BEGINNERS / ALL LEVELS		BEGINNERS / ALL LEVELS		BEGINNERS / ALL LEVELS	BJJ OPEN MAT 10AM
7AM-11AM	PRIVATE SLOTS- Message/call for availability	PRIVATE SLOTS- Message/call for availability	PRIVATE SLOTS- Message/call for availability	PRIVATE SLOTS- Message/call for availability	PRIVATE SLOTS- Message/call for availability	KIDS & ADULTS
12PM	GI ALL LEVELS	NOGI ALL LEVELS	GI ALL LEVELS	NOGI ALL LEVELS	GI ALL LEVELS	
4:15PM 3-5 AGE		TINY SEEDS GI		TINY SEEDS GI		
5:00PM 6-12 AGE	LITTLE TREES GI	LITTLE TREES NOGI	LITTLE TREES GI	LITTLE TREES NOGI	KIDS COMPETITION CLASS	
6:00PM	GI ALL LEVELS/ BEGINNERS	NOGI ALL LEVELS	GI BEGINNERS/ WOMEN	NOGI ALL LEVELS	GI BEGINNERS/ WOMEN	
7:00PM	GI OPEN MAT ALL LEVELS	NOGI OPEN MAT ALL LEVELSS	YOGA CLASS	NOGI OPEN MAT ALL LEVELSS	ADULTS COMPETITION CLASS	