



# SEEDS 13 JIU JITSU ACADEMY / SAN ANGELO - TX

TIME	MON	TUE	WED	THU	FRI	SAT
<b>5:30AM</b> 1 HOUR CLASS	BUSINESS CLASS (GI) ALL LEVELS ADULTS		BUSINESS CLASS (GI) ALL LEVELS ADULTS		BUSINESS CLASS (GI) ALL LEVELS ADULTS	<b>FAMILY OPEN MAT KIDS &amp; ADULTS</b>  <b>10:00AM</b> 1 HOUR CLASS
<b>7:00AM</b> 1 HOUR CLASS		BUSINESS CLASS (GI) ALL LEVELS ADULTS		BUSINESS CLASS (NO-GI) ALL LEVELS ADULTS		
<b>12:00PM</b> 1 HOUR CLASS	LUNCH CLASS (GI) ALL LEVELS ADULTS	LUNCH CLASS (NO-GI) ALL LEVELS ADULTS	LUNCH CLASS (GI) ALL LEVELS ADULTS	LUNCH CLASS (NO-GI) ALL LEVELS ADULTS	LUNCH CLASS (GI) ALL LEVELS ADULTS	
<b>4:15PM</b> 1 HOUR CLASS		TINY SEEDS (GI) KIDS CLASS		TINY SEEDS (GI) KIDS CLASS		
<b>5:00PM</b> 1 HOUR CLASS	LITTE TREES (GI) KIDS CLASS	LITTE TREES (NO-GI) KIDS CLASS	LITTE TREES (GI) KIDS CLASS	LITTE TREES (NO-GI) KIDS CLASS	LITTE TREES (GI) KIDS CLASS COMPETITION CLASS	
<b>6:00PM</b> 1 HOUR CLASS	BEGINNERS CLASS (GI) ADVANCED CLASS	NO-GI CLASS ALL LEVELS	BEGINNERS CLASS (GI) ADVANCED CLASS	NO-GI CLASS ALL LEVELS	BEGINNERS CLASS (GI) ADVANCED CLASS	
<b>7:00PM</b> 1 HOUR CLASS	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	

TINY SEEDS ( 3 TO 5 YEARS OLD )

ALL LEVELS NO EXPERIENCE NEEDED

LITTLE THREES ( 6 TO 12 YEARS OLD )

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