



SEEDS 13 JIU JITSU ACADEMY / ABILENE - TX

TIME	MON	TUE	WED	THU	FRI	SAT
5:00AM 1 HOUR CLASS	AVAILABLE FOR PRIVATE LESSONS	BUSINESS CLASS (GI) ALL LEVELS ADULTS	AVAILABLE FOR PRIVATE LESSONS	BUSINESS CLASS (GI) ALL LEVELS ADULTS	AVAILABLE FOR PRIVATE LESSONS	10:00AM STRIKING CLASS
6:00AM 1 HOUR CLASS	AVAILABLE FOR PRIVATE LESSONS	6AM STRIKING CLASS	AVAILABLE FOR PRIVATE LESSONS	6AM STRIKING CLASS	AVAILABLE FOR PRIVATE LESSONS	
12:00PM 1 HOUR CLASS	LUNCH CLASS (GI) ALL LEVELS ADULTS	NO-GI CLASS ALL LEVELS	LUNCH CLASS (GI) ALL LEVELS ADULTS	NO-GI CLASS ALL LEVELS	LUNCH CLASS (GI) ALL LEVELS ADULTS	11:00AM COMPETITION CLASS KIDS AND ADULTS
4:30PM 1 HOUR CLASS		TINY SEEDS (GI) KIDS CLASS		TINY SEEDS (GI) KIDS CLASS		
5:30PM 1 HOUR CLASS	LITTE TREES (GI) KIDS CLASS	LITTE TREES (GI) KIDS CLASS	LITTE TREES (GI) KIDS CLASS	LITTE TREES (GI) KIDS CLASS	KIDS COMPETITION CLASS	
6:30PM 1 HOUR CLASS	BEGINNERS CLASS (GI) ADVANCED CLASS	NO-GI CLASS ALL LEVELS	BEGINNERS CLASS (GI) ADVANCED CLASS	NO-GI CLASS ALL LEVELS	ADULTS COMPETITION CLASS	
7:30PM 1 HOUR CLASS	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	

TINY SEEDS (3 TO 7 YEARS OLD)

ALL LEVELS NO EXPERIENCE NEEDED

LITTLE TREE (8 TO 12 YEARS OLD)

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