



CHRISTIAN CARVALHO BJJ-MMA

2234 Jog Rd Greenacres, FL 33415 Gym: (561)828-1599 Cell: (561) 632-0430



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Jiu Jitsu Gi 6:00-7:30am		Jiu Jitsu Gi 6:00-7:30am		
		Kick Boxing 8:00-9:00am		Kick Boxing 8:00-9:00am		Private Class	
		Jiu Jitsu Gi 9:00-10:00am		Jiu Jitsu Gi 9:00-10:00am		Girls Self Defense 9:00-10:00am	
						BJJ No Gi 10:00-11:00am	
4:00-4:45pm	Little Dragons BJJ		Little Dragons Kick Boxing		Little Dragons BJJ		
4:45pm-5:30pm	Kids I BJJ	Kids I Kick Boxing	Kids I BJJ	Kids I Kick Boxing	Kids I BJJ		
5:30-6:15pm	Kids II BJJ	Kids II Kick Boxing	Kids II BJJ	Kids II Kick Boxing	Kids II BJJ		
6:15-7:00pm	Teens BJJ	Teens Kick Boxing	Teens BJJ	Teens Kick Boxing	Teens BJJ		
7:00-8:00pm	Adult Conditioning Kick Boxing	Adult Conditioning Kick Boxing	Adult BJJ Gi Fundamentals	Adult Conditioning Kick Boxing	Adult BJJ Gi Fundamentals 7:00-7:30pm		
8:00-9:00pm	Adult BJJ Gi Advanced	Adult Grappling NO GI All Levels	Adult BJJ Gi Intermediate/Advanced	Adult Grappling NO GI All Levels	Adult BJJ Gi Sparring 7:30-8:30pm		