

## FALL SCHEDULE (SPRUCE GROVE)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		BJJ Fund BJJ Int/Adv		BJJ Fund BJJ Int/Adv			
10:30 AM						LG	LG
11:00 AM						BJJ Fund Kids Fund Kids BJJ	BJJ Fund Kids Fund Kids BJJ
12:00 PM	BJJ Fund BJJ Int/Adv		BJJ Fund BJJ Int/Adv		BJJ Fund BJJ Int/Adv		
4:30 PM		Kids Fund		Kids Fund	<div style="text-align: right;">  <p><b>RODRIGO RESENDE</b> JUDO   BRAZILIAN JIU-JITSU</p> <p>469 South Avenue, Spruce Grove (780) 960-1102 resendeacademy.com</p> <p><b>CLASS LENGTHS</b>                      Adult BJJ Int/Adv: 90 min                      Adult Fundamentals: 60 min                      Youth Fundamentals: 60 min                      Adult Judo Int/Adv: 60 min                      Youth Judo Int/Adv: 60 min                      Kids Fundamentals: 60 min                      Kids BJJ: 60 min                      Kids Judo: 60 min                      Little Grapplers: 30 min                      Muay Thai Fundamentals: 60 min                      Muay Thai Int/Adv: 90 min</p> <p><b>CLASS AGES</b>                      Little Grapplers: 4-6                      Kids: 7-10                      Youth: 11-14                      Adult: 15+</p> </div>		
5:00 PM	JUDO Kids		JUDO Kids				
5:30 PM	LG	LG Kids Fund Kids BJJ	LG	LG Kids Fund Kids BJJ			
6:00 PM	Kids Fund Kids BJJ LG Adv	BJJ Fund LG	Kids Fund Kids BJJ LG ADV	BJJ Fund LG			
6:30 PM	LG	LG Adv JUDO Kids JUDO Youth/Adult	LG	LG Adv JUDO Kids JUDO Youth/Adult			
7:00 PM	BJJ Fun BJJ Int/Adv Muay Thai	BJJ Int/Adv	BJJ Fun BJJ Int/Adv Muay Thai	BJJ Int/Adv			