


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		LG Kids Fund Kids BJJ		LG Kids Fund Kids BJJ	 <p>RODRIGO RESENDE JUDO BRAZILIAN JIU-JITSU 469 South Avenue, Spruce Grove (780) 960-1102 resendeacademy.com</p> <p>CLASS LENGTHS 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>CLASS AGES Little Grapplers: 4-6 Kids: 7-10 Youth: 11-14 Adult: 15+</p>		
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			