

Buffalo Brazilian Jiu-Jitsu Academy

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
10 am :15 :30 :45							
11 am :15 :30 :45	Beginner's BJJ	Beginner's BJJ	Beginner's BJJ	Beginner's BJJ	Beginner's BJJ		
12 PM :15 :30 :45	BJJ Mastery	No-GI Mastery	BJJ Mastery	BJJ Mastery	BJJ Mastery	BJJ (all levels)	Open Mat
1 PM :15							
2 PM :15							
3 PM :15							
4 PM :15							
5 PM :15 :30 :45	Kids BJJ		Kids BJJ		Kids BJJ		
6 PM :30	Beg BJJ/Judo BJJ Mastery	Beg BJJ/Wrestling No-GI / Beg Muay Thai	Beg BJJ/Judo BJJ Mastery	Beg BJJ/Wrestling No-Gi/Beg Muay Thai	Open Mat		
7 PM :30					Competition Training		
8 PM :30	MMA	Muay Thai Mastery	MMA	Muay Thai Mastery			