




TILLIS BJJ

2023 - SCHEDULE

 @TILLIS_BJJ

 (562) 631-2408

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM-7:30AM ADULT BJJ		6:00AM-7:30AM ADULT BJJ		6:00AM-7:30AM ADULT BJJ	9:30AM-11:00AM WOMEN'S ONLY BJJ
	10:30AM-12:00PM ADULT BJJ GI	10:30AM-12:00PM ADULT BJJ GI	10:30AM-12:00PM ADULT BJJ GI	10:30AM-12:00PM ADULT BJJ GI	10:30AM-12:00PM ADULT BJJ NO-GI	
	12:00PM-4:00PM AVAILABLE FOR PRIVATE LESSONS	12:00PM-4:00PM AVAILABLE FOR PRIVATE LESSONS	12:00PM-4:00PM AVAILABLE FOR PRIVATE LESSONS	12:00PM-4:00PM AVAILABLE FOR PRIVATE LESSONS	12:00PM-4:00PM AVAILABLE FOR PRIVATE LESSONS	11:00AM-1:00PM OPEN MAT ALL AGES
		4:30PM-5:00PM KID'S KICKBOXING		4:00PM-5:00PM MMA SPARRING		
	5:00PM-6:00PM KID'S BJJ GI	5:00PM-6:00PM KID'S WRESTLING	5:00PM-6:00PM KID'S BJJ GI	5:00PM-6:00PM KID'S KICKBOXING	5:00PM-6:00PM KID'S BJJ NO-GI	
	6:00PM-7:30PM ADULT BJJ GI	6:00PM-7:30PM ADULT BJJ GI	6:00PM-7:30PM ADULT COMPETITION TRAINING	6:00PM-7:30PM ADULT BJJ NO-GI	6:00PM-7:30PM OPEN MAT	
	7:30PM-8:00PM WRESTLING	7:30PM-8:00PM BOXING	7:30PM-8:00PM BJJ FUNDAMENTALS	7:30PM-8:00PM KICKBOXING	7:30PM-8:00PM ADULT BJJ NO-GI	

CALL (562) 631-2408