



TILLIS BJJ

2021 - SCHEDULE

 @TILLIS_BJJ
 (562) 631-2408

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

CALL (562) 631-2408