



ZOOM Schedule

Please contact Jana with questions or to enroll:
jana@shaolinbjj.com

VITOR **SHAOLIN**
BRAZILIAN JIU-JITSU

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

4:30pm -5:05pm Kids
Zoom

4:30pm -5:05pm Kids
Zoom

6:30pm Adults zoom 6:30pm Adults zoom

6:30pm Adults zoom



In-Person Schedule

Please contact Jana with questions or to enroll:

jana@shaolinbjj.com

VITOR **SHAOLIN**
BRAZILIAN JIU-JITSU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30am - 9:30 am Adults Indoor- 14spots		8:30am - 9:30 am Adults Indoor-14 spots		8:30am - 9:30 am Adults Indoor-14 spots	8:45am to 9:30am - Little Dragons 14 spots
10am to 11am Open mat Outdoor			10am- 11am Women's self Defense			9:45am to 10:45am - Youth 14 spots
	4:00pm -4:45pm Little Dragons (4 to 7years old)- 14spots	4:00pm -4:45pm Little Dragons (4 to 7years old)- 14spots	4:00pm -4:45pm Little Dragons (4 to 7years old)- 14spots	4:00pm -4:45pm Little Dragons (4 to 7years old)- 14spots	4:00pm -4:45pm Little Dragons (4 to 7years old)- 14spots	11am -12am Adults -Gi- 14spots
	5pm-6pm Youth (8yold and up)- 14 spots	5pm-6pm Youth (8yold and up)- 14 spots	5pm-6pm Youth (8yold and up)- 14 spots	5pm-6pm Youth (8yold and up)- 14 spots	5pm-6pm Youth (8yold and up)- 14 spots	
	6:15pm to 7:15pm All levels - Gi - 14 Spots	6:15pm to 7:15pm All levels - Gi - 14spots	6:15pm to 7:15pm All levels - NoGi - 14 Spots	6:15pm to 7:15pm All levels - Gi - 14 Spots	6:15pm to 7:15pm All levels - Gi - 14 Spots	
			7:30pm to 8:30pm All levels - Gi - 14 Spots			

* Outdoor classes only when is 60 F and up.

* Sign up for classes in advance is required

Effective October 2020