

Brazilian Jiu Jitsu

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00						9-10am BJJ Essentials	
9:30						9-10am Kids BJJ	
10:00						10 - 11:30 Advanced BJJ No Gi	
11:00						11:30-12:00 BJJ Comp S&C (Seasonal)	
NOON	12 - 1pm All Levels Gi		12 - 1pm All Levels Gi		12 - 1pm All Levels No-Gi		
1:00	Open Gym 1-5:30	Open Gym 11-5:30	Open Gym 1-5:30	Open Gym 11-5:30	Open Gym		
5:30	5:30-6:30pm BJJ Essentials	5:30-6:30pm BJJ Essentials	5:30-6:30pm BJJ Essentials	5:30-6:30pm BJJ Essentials	4:30-5:30 Kids BJJ Comp		
	5:30-6:30pm Kids BJJ	5:30-6:30pm Kids BJJ	5:30-6:30pm Kids BJJ	5:30-6:30pm Kids BJJ	5:30-6:30 BJJ Essentials No-Gi		
6:30	6:30 - 8pm Advanced BJJ Gi	6:30 - 8pm Advanced BJJ Gi	6:30 - 8pm Advanced BJJ Gi	6:30 - 8pm Advanced BJJ No-Gi	6:30 - 7:30 OPEN ROLL Marcus		
8:00	8-8:30 BJJ Comp S&C (Seasonal)	Open Gym	8-8:30 BJJ Comp S&C (Seasonal)	Open Gym			
9:00							



Ages: Adults 14+

651-340-4349 www.minnesotatopteam.com
 MTT will be closed on major holidays.