

PRECISION JIU JITSU ACADEMY

6432 tupelo drive, citrus heights, ca 95621

SUN*	MON	TUE	WED	THU	FRI	SAT*
			6:30am BJJ-NOGI	6:30am BJJ-NOGI		8:00am BJJ-GI
	9:00am FUND. BJJ- GI		9:00am FUND. BJJ- GI			
10:00am BJJ-GI	10:00am BJJ-GI	10:00am BJJ-NOGI	10:00am BJJ-GI	10:00am BJJ-NOGI	10:00am BJJ-GI	10:00am WRESTLING
						11:30am SPARRING
	4:30pm KIDS BJJ	4:30pm KIDS BJJ	4:30pm KIDS BJJ		4:30pm KIDS BJJ	
	5:30pm FUND. BJJ- GI	5:30pm MUAY THAI	5:30pm FUND. BJJ- NOGI	5:30pm MUAY THAI	5:30pm MUAY THAI	
	6:30pm BJJ-GI	6:30pm BJJ-GI	6:30pm BJJ-NOGI	6:30pm BJJ-GI	6:30pm BJJ-NOGI	



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LAST WEEKEND OF THE MONTH

SATURDAY CLASSES OPEN TO THE PUBLIC

12PM SUNDAY LADIES ONLY OPEN MAT