

SMMA Adult Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult K/B 12 pm	Adult BJJ 7 am	Adult K/B 12 pm	Adult BJJ 12pm	Adult BJJ 7 am	BJJ Comp Class 7 am	Adult K/B 10 am
Open Mat 12 - 1 pm	Adult BJJ 12 pm	Open Mat 12 – 1 pm		Open Mat 12 - 1pm	Wrestling 8 am	Judo 11 am
Teen BJJ 12-15 yrs 4 pm	Open Mat 4 – 5 pm	Teen BJJ 12-15 yrs 4 pm	Open Mat 4 – 5 pm	Teen BJJ 12-15 yrs 4 pm	Adult K/B 12 pm	Open Mat 12-2 pm
Adult BJJ 5 pm		Adult BJJ 5 pm		Open Mat 4 – 5 pm	Adult BJJ 1 pm	
Adult BJJ Basics 6:30 pm		Adult BJJ Basics 6:30 pm				
Adult BJJ 7:15 pm		Adult BJJ 7:15 pm		Adult Karate 6 pm		Adult Karate 5:30 pm
Women's BJJ 7:15 pm	Adult K/B 7 pm	Women's BJJ 7:15 pm	Adult K/B 7 pm	Adult K/B 7 pm		
Adult K/B 8 pm	Adult K/B 8 pm	Adult K/B 8 pm	Adult K/B 8 pm	Adult BJJ NOGI 8 pm		
Sparing K/B Invite only 8:45 pm	Adult BJJ NOGI 8 pm	Sparing K/B Invite only 8:45 pm	Adult BJJ NOGI 8 pm			

www.sudburymma.com

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