



EF-Brazilian Jiu Jitsu

Kids' Class Gi only

TIME	MON	TUE	WED	THU	SAT/OPEN MAT
10:45-11:30AM					FUNDAMENTALS & JRS
5:00-5:40PM	FUNDAMENTAL	FUNDAMENTAL	FUNDAMENTAL	FUNDAMENTAL	
5:40-6:40PM	JUNIORS	JUNIORS	JUNIORS	JUNIORS	

Adult Class

TIME	MON	TUE	WED	THU	FRI	SAT/OPEN MAT
11:30AM-12:30PM					GI	GI/NO-GI 11:30AM-1PM
6:40-7:40PM	GI	GI	GI	GI		
7:40-8:40PM		NO GI		NO GI		

Womens' Only Class

TIME	MON	TUE	WED	THU	FRI	SAT
9:45AM-10:45AM						SELF DEFENSE/FITNESS

9101 N Council Rd Suite B, OKC 73132

405-802-5789