The week at Buffalo Black BJJ

CLASS SCHEDULE · STOCKTON

■ Adults and teens ■ Kids □ Open mat and drilling

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am BJJ All Levels	**5am** BJJ All Levels	**5am** BJJ All Levels	**5am** BJJ All Levels	**5am** BJJ All Levels	**8am** Competition Training, all levels	**8am** Sunday Service open mat, free and open to all
6am Combat Conditioning and Open Mat	**6am** Combat Conditioning and Open Mat	**6am** Combat Conditioning and Open Mat	**6am** Combat Conditioning and Open Mat	**6am** Combat Conditioning and Open Mat		
10:30am Gi Jiu-Jitsu	**10:30am** Gi Jiu-Jitsu	**10:30am** Gi Jiu-Jitsu	**10:30am** Gi Jiu-Jitsu			
5pm Kids No-Gi	**5pm** Kids Jiu-Jitsu (gi)	**5pm** Kids No-Gi	**5pm** Kids Jiu-Jitsu (gi)	**5pm** Kids No-Gi		
6pm Striking, 13 and up	**6pm** BJJ Fundamentals (gi), teens and adults	**6pm** Striking, 13 and up	**6pm** BJJ Fundamentals (gi), teens and adults	**6pm** Striking, 13 and up		
7pm Drilling (optional)	**7pm** Drilling (optional)	**7pm** Drilling (optional)	**7pm** Drilling (optional)	**7pm** Drilling (optional)		

Your first class is free.
Scan to book.

Kids start at age 4. Striking is for ages 13 and up. Drilling at 7pm is optional. Gi classes train in the jiu jitsu uniform. For no-gi, a rash guard works. Open mat and drilling are practice time.

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