SOCA BRAZILIAN JIU-JITSU WANTAGH NY SCHEDULE

MON	TUES	WED	THU	FRI	SAT	SUN
10:30am - FBP 11:30am	6:00 am - Mixed 7:00am	6:00am Mixed No Gi 7:00am	6:00am - Mixed 7:00am	10:30am - FBP 11:30am	10:00am ABP Open Mat 11:00pm	10:00am ABP Open Mat 11:00am
11:30am - ABP 12:30pm		10:30am - FBP 11:30am	10:30am Yoga Class 11:30am	11:30am - ABP 12:30pm	11:00am - FBP 12:00pm	
	6:30pm - ADV No Gi 7:30pm	11:30am - ABP 12:30pm	11:30am - Mixed 12:30pm		12:00pm - ABP 1:00pm	
6:30pm - FBP 7:30pm	7:30pm - FBP 8:30pm		6:30pm - ADV No Gi 7:30pm	6:30pm - ADV No Gi 7:30pm		
6:45pm - WBP 7:45pm		6:30pm - FBP 7:30pm	7:30pm - FBP 8:30pm			
7:30pm - ABP 8:30pm		6:45pm - WBP 7:45pm				
		7:30pm - ABP 8:30pm				

FBP - Fundamental Belt Program	ABP - Advanced Belt Program	WBP - Women Belt Program	No Gi	Mixed
Specific BJJ Fundamentals Class for White Belts Age - 15 years old and up. Mandatory SBJJ Gi Uniform	Specific Brazilian Jiu-jitsu Advanced Class for White Belts 3 stripes and up / Age - 15 years old and up.Mandatory SBJJ Gi Uniform	Specific Brazilian Jiu-Jitsu class just for women and mixed Belt levels. Mandatory BJJ Gi Uniform.	Submission Jiu-Jitsu Grappling Class without the Gi with rash guard and short. Mandatory SBJJ Team rash guard and short.	All Belt levels. Mandatory SBJJ Gi Uniform.

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