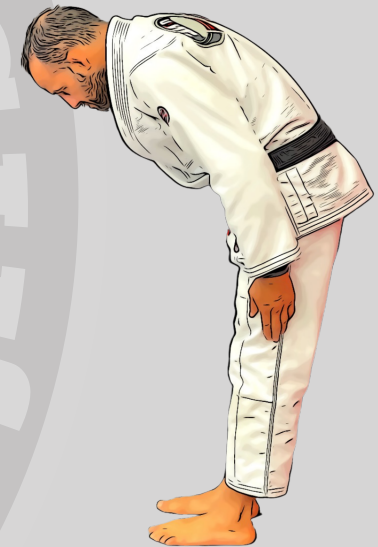


# SOGA BRAZILIAN JIU-JITSU WANTAGH NY SCHEDULE

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



## FBP - Fundamental Belt Program

Specific BJJ Fundamentals Class for White Belts  
Age - 15 years old and up.  
Mandatory SBJJ Gi Uniform

## ABP - Advanced Belt Program

Specific Brazilian Jiu-jitsu Advanced Class  
for White Belts 3 stripes and up / Age - 15  
years old and up. Mandatory SBJJ Gi Uni-  
form

## WBP - Women Belt Program

Specific Brazilian Jiu-Jitsu class just for  
women and mixed Belt levels. Mandato-  
ry BJJ Gi Uniform.

## No Gi

Submission Jiu-Jitsu  
Grappling Class without  
the Gi with rash guard  
and short. Mandatory  
SBJJ Team rash guard  
and short.

## Mixed

All Belt  
levels. Mandatory  
SBJJ Gi Uniform.

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