



Class Schedule

Drysdale Jiu-Jitsu

2000 S. Rainbow Blvd. #108
Las Vegas, NV 89146
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www.drysdalejiujitsu.com



	MON	TUES	WED	THURS	FRI	SAT
9-9:30am	ADULT BJJ "GI" Sonny Nohara	BJJ DRILLING Sonny Nohara	ADULT BJJ "GI" Sonny Nohara	BJJ DRILLING Sonny Nohara	ADULT BJJ "GI" Sonny Nohara	STRENGTH & CONDITIONING
9:30-10am		COMPETITION GI		COMPETITION GI		BEGINNER BJJ
10-10:30am		Sonny Nohara		Sonny Nohara		
10:30-11am	ADULT BJJ NO-GI Robert Drysdale	MMA SPARRING Mark Beecher	ADULT BJJ NO-GI Robert Drysdale	MMA SPARRING Mark Beecher	ADULT BJJ NO-GI Robert Drysdale	BASIC
11am-11:30am						
11:30-12pm						
12-12:30pm						
12:30-1pm						
1pm-4pm	Pro-Fighters and Blue Belts+ ONLY					
	C	L	O	S	E	D

ROOM A	MON	TUES	WED	THURS	FRI	SAT
4:30-5pm	MMA	WRESTLING	MMA	WRESTLING	MMA	
5-5:30pm	KALI/ESKRIMA		KALI/ESKRIMA			
5:30-6pm	KIDS JJ	KIDS NO-GI	KIDS JJ	KIDS NO-GI	KIDS JJ	
6-6:30pm		JUDO		JUDO		
6:30-7pm	ADULT	ADULT	ADULT	ADULT	ADULT NO-GI	
7-7:30pm	INTERMEDIATE/	INTERMEDIATE/	INTERMEDIATE/	INTERMEDIATE/	INTERMEDIATE/	
7:30-8pm	ADVANCED BJJ	ADVANCED BJJ	ADVANCED BJJ	ADVANCED BJJ	ADVANCED BJJ	
8-8:30pm	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	
8:30-9pm						

ROOM B	MON	TUES	WED	THURS	FRI	SAT
4:30-5pm	BOXING	BOXING	BOXING	BOXING	BOXING	
5-5:30pm						
5:30-6pm	CARDIO	BOXING	CARDIO	BOXING	BOXING	
6-6:30pm	KICKBOXING		KICKBOXING			
6:30-7pm	ADULT	ADULT	ADULT	ADULT		
7-7:30pm	BEGINNER	BEGINNER	BEGINNER	BEGINNER		
7:30-8pm	BJJ	BJJ	BJJ	BJJ		
8-8:30pm						
8:30-9pm						

Please note:

Room changes may occur depending on the size of the class and equipment needed.

"- - -" Within a box signifies that the mat is divided to accommodate both classes.