


# Gama Filho Academy

## Schedule of our Programs

 Kids & Teens Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7:00 am - 8:00 am</b>	All Levels Brazilian Jiu-Jitsu	All Levels Brazilian Jiu-Jitsu	All Levels Brazilian Jiu-Jitsu	All Levels Brazilian Jiu-Jitsu	All Levels Brazilian Jiu-Jitsu	
<b>9:00 am - 10:00 am</b>	Yoga		Yoga		Yoga	
<b>10:00 am - 11:00 am</b>	All Levels Brazilian Jiu-Jitsu		All Levels Brazilian Jiu-Jitsu		All Levels Brazilian Jiu-Jitsu	Members Only Open Mat
<b>4:30 pm - 5:15 pm</b> <i>(3-6 yr old)</i>	Kids Brazilian Jiu-Jitsu	Kids Brazilian Jiu-Jitsu & Judo	Kids Brazilian Jiu-Jitsu	Kids Brazilian Jiu-Jitsu & Judo	Kids Brazilian Jiu-Jitsu	
<b>5:30 pm - 6:30 pm</b> <i>(7-12 yr old)</i>	Kids Brazilian Jiu-Jitsu	Kids Brazilian Jiu-Jitsu & Judo	Kids Brazilian Jiu-Jitsu	Kids Brazilian Jiu-Jitsu & Judo	Kids Brazilian Jiu-Jitsu	
<b>5:00 pm - 6:00 pm</b>	Cardio Boxing	Cardio Boxing	Cardio Boxing	Cardio Boxing	Cardio Boxing	
<b>6:00 pm - 7:00 pm</b>	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	
<b>7:00 pm - 8:00 pm</b>	Beginners/ Advanced Brazilian Jiu-Jitsu	Beginners/ Advanced Brazilian Jiu-Jitsu	Beginners/ Advanced Brazilian Jiu-Jitsu	Beginners/ Advanced Brazilian Jiu-Jitsu	No Gi Brazilian Jiu-Jitsu All Levels	