



Uflacker Academy Class Schedule

7355 W. Archer Ave, Summit, IL 60501

www.bjjsouthside.com

(312) 890-3675



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						9:00am – 9:50am BJJ Kids	Academy is closed
		10:30am – 11:30pm BJJ All Levels		10:30am – 11:30pm BJJ All Levels			
		11:30am – 12:00pm Advanced Sparring		11:30am – 12:00pm Advanced Sparring			
Afternoon	1:00pm – 2:00pm BJJ All Levels		1:00pm – 2:00pm BJJ All Levels		1:00pm – 2:00pm No-Gi All Levels	12:00pm – 1:00pm BJJ All Levels	
	2:00pm – 2:30pm Advanced Sparring		2:00pm – 2:30pm Advanced Sparring		2:00pm – 2:30pm Advanced Sparring	1:00pm – 1:30pm Advanced Sparring	
						1:45pm – 2:45pm Muay Thai	
Evening	5:00pm – 5:50pm BJJ Kids		5:00pm – 5:50pm BJJ Kids				
	6:00pm – 7:00pm BJJ Fundamentals	6:00pm – 7:00pm BJJ Fundamentals	6:00pm – 7:00pm BJJ Fundamentals	6:00pm – 7:00pm BJJ Fundamentals			
	7:00pm – 8:00pm BJJ Advanced		7:00pm – 8:00pm No-Gi BJJ Advanced				

Schedule last updated September 22, 2009