

# PGS TIMETABLE

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**BJJ  
FUNDAMENTALS**

AGES 14+  
0630-0730

**JUNIORS  
JUDO**

AGES 8-13  
1100-1150

**GRAPPLING  
FUNDAMENTALS**

AGES 14+  
1200-1300

**BJJ  
FUNDAMENTALS**

AGES 14+  
0630-0730

**SENIORS  
NO-GI BJJ**

AGES 14+  
0930-1030

**CADET  
S&C**

AGES 12-15  
0800-0850

**JUNIORS  
JUDO**

AGES 8-13  
1745-1835

**MINI  
GRAPPLERS**

AGES 4-7  
1710-1755

**MIXED  
GRAPPLING**

1 ADULT 1 CHILD  
1730-1820

**JUNIORS  
JUDO**

AGES 8-13  
1745-1835

**MINI  
GRAPPLERS**

AGES 4-7  
1710-1755

**OPEN  
MAT**

ALL AGES  
1030-1130

**CADET  
GRAPPLING**

AGES 12-15  
0900-0950

**SENIORS  
JUDO**

AGES 14+  
1845-2000

**JUNIORS  
BJJ**

AGES 8-13  
1800-1850

**SENIORS  
BJJ**

AGES 14+  
1830-1930

**SENIORS  
JUDO**

AGES 14+  
1845-2000

**JUNIORS  
BJJ**

AGES 8-13  
1800-1850

**OPEN  
MAT**

ALL AGES  
1000-1130

**SENIORS  
NO-GI JUDO**

AGES 14+  
2000-2100

**SENIORS  
BJJ**

AGES 14+  
1900-2015

**SENIORS  
NO-GI BJJ**

AGES 14+  
1930-2030

**COMPETITION  
CLASS**

AGES 14+  
2000-2100

**BJJ  
FUNDAMENTALS**

AGES 14+  
1900-2015