


SPRUCE GROVE SCHEDULE - 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		BJJ Fund BJJ Int/Adv		BJJ Fund BJJ Int/Adv			
10:30 am						LG	LG
11:00 am						BJJ Fund Kids Fund Competition Class	BJJ Fund Kids Fund
12:00 pm	BJJ Fund BJJ Int/Adv		BJJ Fund BJJ Int/Adv		BJJ Fund BJJ Int/Adv		
4:30 pm		Kids Fund Kids BJJ		Kids Fund Kids BJJ	 <p style="font-size: 24px; font-weight: bold; margin: 0;">RODRIGO RESENDE</p> <p style="font-size: 14px; margin: 0;">JUDO BRAZILIAN JIU-JITSU</p> <p style="font-size: 12px; margin: 5px 0 0 0;">469 South Avenue Spruce Grove (780) 960-1102 resendeacademy.com</p>		
5:00 pm	JUDO ADV Kids Youth Adults		JUDO ADV Kids Youth Adults				
5:30 pm	LG	Kids Fund Kids BJJ	LG	Kids Fund Kids BJJ			
5:45 pm		LG		LG			
6:00 pm	Kids Fund Kids BJJ LG Adv	BJJ Fund	Kids Fund Kids BJJ LG ADV	BJJ Fund			
6:30 pm	LG	JUDO INTER Kids Youth/Adult	LG	JUDO INTER Kids Youth/Adult			
7:00 pm	BJJ Fun BJJ Int/Adv	BJJ Int/Adv	BJJ Fun BJJ Int/Adv	BJJ Int/Adv			
7:30 pm	Muay Thai		Muay Thai				

CLASS LENGTHS
 Adult BJJ Int/Adv 90 min
 Adult Fundamentals 60 min
 Youth Fundamentals 60 min
 JudoAdv Kids Youth Adult 60 min
 Judo Intem Kids Youth Adult 60min
 Kids BJJ 60 min
 Kids Fundamentals 60 min

Little Grapplers 30 min
 Muay Thai 60 min

CLASS AGES
 Litte Grapplers: 4-6
 Kids: 7-10
 Youth: 11-14
 Adult: 15+