

# DAILY GROUP CLASS SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM	PRIVATE CLASS	SELF DEFENSE TRAINING	PRIVATE CLASS	SELF DEFENSE TRAINING	PRIVATE CLASS	PRIVATE CLASS
10:00 AM	ALL LEVELS	ALL LEVELS	YOGA	ALL LEVELS	NO GI	AV KIDS
11:00 AM						FUNDAMENTALS
4:00 PM	AV KIDS	AV KIDS	AV KIDS	KIDS	PRIVATE CLASS	
5:00 PM	PRIVATE CLASS	PRIVATE CLASS	PRIVATE CLASS	PRIVATE CLASS	PRIVATE CLASS	
5:30 PM	AV FIT	AV TEENS	AV TEENS	TEENS SELF DEFENSE	PRIVATE CLASS	
6:30 PM	FUNTAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	
7:30 PM	SPARRING	NO GI	BLACK WEDNESDAY	SPARRING		

\*Only AVIV Jiu Jitsu kimono's and rash guard may be worn. Rentals are available in our front desk.

\*Private classes are available throughout the day and are scheduled upon request.

