

KNUCKLE UP WEEKLY SCHEDULE

Jacksonville Jean Jacques Machado BJJ & Fitness

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
9:00 AM	C					C	Kids Brazilian NO-Gi Jiu-Jitsu	
	L					L	9:00-10:00am Brazilian Jiu-Jitsu	
10:00 AM		Knuckle Up Kickboxing 10:00-10:50am	Knuckle Up Kickboxing 10:00-10:50am	Knuckle Up Kickboxing 10:00-10:50am	Knuckle Up Kickboxing 10:00-10:50am	O	Open Mat	
11:00 AM	S	Brazilian Jiu-Jitsu Gi 11:00-12:30pm	Brazilian Jiu-Jitsu Gi 11:00-12:30pm	Brazilian Jiu-Jitsu NO-Gi 11:00-12:30pm	Brazilian Jiu-Jitsu Gi 11:00-12:30pm	S	10:00-12:00PM	
12:00 PM	E					E	C	
	D					D	L	
1:00 PM							O	
2:00 PM							S	
3:00 PM		Private lessons and personal training available during the day when regular classes are not being held						E
							D	
4:00 PM								
5:00 PM		Kids Brazilian Jiu-Jitsu 5:30-6:30pm	Kids Brazilian Jiu-Jitsu 5:30-6:30pm	Kids Brazilian NO-Gi Jiu-Jitsu 5:30-6:30pm	Kids Brazilian Jiu-Jitsu 5:30-6:30pm			
6:00 PM		KU / JJM Fitness Fit Camp 6:30-7:20pm	Knuckle Up Kickboxing 6:30-7:20pm	KU / JJM Fitness Fit Camp 6:30-7:20pm	Knuckle Up Kickboxing 6:30-7:20pm			
7:00 PM		Adult / Teens Brazilian Jiu-Jitsu Gi 7:30-8:30pm	Adult / Teens Brazilian Jiu-Jitsu Gi 7:30-8:30pm	Adult / Teens Brazilian Jiu-Jitsu NO-Gi 7:30-8:30pm	Adult / Teens Brazilian Jiu-Jitsu Gi 7:30-8:30pm			
8:00 PM		Drilling and Sparring 8:30-9:00pm	Drilling and Sparring 8:30-9:00pm	Drilling and Sparring 8:30-9:00pm	Drilling and Sparring 8:30-9:00pm			