

**WATSONVILLE SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 AM			<b>RISE &amp; GRIND</b> Adult BJJ 4:30AM-5:30AM (Appointment Only) Text Coach Edgar 831-254-2345		<b>RISE &amp; GRIND</b> Adult BJJ 4:30AM-5:30AM (Appointment Only) Text Coach Edgar 831-254-2345		
7-8:00:00 AM						Hatha Yoga <b>Leresa Diaz</b> 8:00AM-9:00AM	<b>"By Invite Only"</b> Leg Lock Training BJJ <b>Coach's Travis &amp; Tim</b> 7:00AM-8:30AM
9:00 AM	Adult Co-Ed BJJ <b>Coach Travis</b> 9:00AM-10:30AM	Adult Co-Ed BJJ <b>Professor Shane</b> 9:00AM-10:30AM	Adults Co-Ed BJJ <b>Coach Ray</b> 9:00AM-10:30AM	Adult Co-Ed BJJ <b>Professor Shane</b> 9:00AM-10:30AM	Adult Co-Ed BJJ <b>Coach Travis</b> 9:00AM-10:30AM	Private Class BJJ <b>Professor Thomas</b> 9:00AM-11:00AM	Comp Training BJJ <b>Coach's</b> <b>Rudy/Travis/Tim</b> 8:30AM-10:30AM
10:00 AM							Women's Private Group Class BJJ (Appointment Only) <b>Professor Quincy</b> 10:30AM-12:00PM
11:00 AM						Kids BJJ <b>Coach Ray</b> (All Ages) 11:00AM-12:00PM	(Invite Only) Private Group Class BJJ <b>Professor Weaver</b> <b>Professor Pascone</b> 12:00PM-1:30PM
12:00PM-1:30PM						Adult Co-Ed BJJ <b>Coach Ray</b> 12:00PM-1:30PM	
3:10 PM	Lil Jaguars BJJ <b>Professor Shane</b> (Ages 4-6) 3:10PM-4:00PM		Lil Jaguars BJJ <b>Professor Ramiro</b> (Ages 4-6) 3:10PM-4:00PM				
4:00 PM	Children's BJJ <b>Professor Shane</b> (Ages 7-9) 4:00PM-5:00PM	Kids BJJ <b>Coach Davey</b> (All Ages) 4:00PM-5:00PM	Children's BJJ <b>Professor Ramiro</b> (Ages 7-9) 4:00PM-5:00PM	Kids BJJ No-Gi <b>Coach Isaah</b> (All Ages) 4:00PM-5:00PM			
5:00 PM	Youth BJJ <b>Professor Shane</b> (Ages 10-15) 5:00PM-6:00PM	Kids Striking <b>Coach Alvin</b> (Ages 7-15) 5:00PM-6:00PM	Youth BJJ <b>Professor Ramiro</b> (Ages 10-15) 5:00PM-6:00PM	Kids Striking <b>Coach Alvin</b> (Ages 7-15) 5:00PM-6:00PM	Nogi Adult BJJ <b>Coach Travis</b> 5:00PM-6:00PM		
6:00 PM	Adult Co-ed No-Gi BJJ <b>Professor Shane</b> 6:00PM-7:30PM	Adult Co-Ed BJJ <b>Professor Thomas</b> <b>Professor Jeremy</b> <b>Professor Karan</b> 6:00PM-7:30PM	Adult Co-ed BJJ <b>Professor Ramiro</b> 6:00PM-7:30PM	Adult Co-Ed BJJ <b>Professor Rafa</b> 6:00PM-7:30PM	Adult BJJ <b>Professor Jeremy</b> <b>Professor Karan</b> 6:00PM-7:30PM  Children & Youth BJJ (All Ages) <b>Professor Thomas</b> <b>Coach Evan</b> 6:00PM-7:30PM	Nogi Leg Locks Adult BJJ <b>Coach Tim</b> 6:00PM-7:30PM	
7:00 PM							
7:30 PM							
8:30 PM	Boxing <b>Coach Mauricio</b> 7:30PM-9:00PM	Muay Thai Kickboxing <b>Coach Saul</b> 7:30PM-9:00PM	Boxing <b>Coach Mauricio</b> 7:30PM-9:00PM	Muay Thai Kickboxing <b>Coach Saul</b> 7:30PM-9:00PM	Muay Thai Kickboxing <b>Coach Saul</b> <b>Coach Octavio "Tav"</b> 7:30PM-9:00PM		

Come in for a free trial class today!

523 Main St. Watsonville, California 95076

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(831) 288-0722