

SOCA BRAZILIAN JIU-JITSU WANTAGH NY SCHEDULE

MON	TUES	WED	THU	FRI	SAT	SUN
10:30am - FBP	6:00 am - Mixed	6:00am Mixed No Gi	6:00am - Mixed	10:30am - FBP	10:00am ABP Open Mat	10:00am ABP Open Mat
11:30am - ABP	7:00am	7:00am	7:00am	11:30am - ABP	11:00am - FBP	11:00am
12:30pm	6:30pm - ADV No Gi	10:30am - FBP	11:30am - Mixed	11:30am - ABP	12:00pm	
6:30pm - FBP	7:30pm - MT	11:30am - ABP	12:30pm	12:30pm	12:00pm - ABP	
7:30pm	8:30pm	12:30pm	6:30pm - ADV No Gi	6:30pm - ADV No Gi	1:00pm	
6:45pm - WBP	7:30pm - FBP	6:30pm - FBP	7:30pm - MT	7:30pm		
7:45pm	8:30pm	7:30pm	8:30pm	8:30pm		
7:30pm - ABP		6:45pm - WBP	7:30pm - FBP	7:30pm - FBP		
8:30pm		7:45pm	8:30pm	8:30pm		
		7:30pm - ABP				
		8:30pm				



FBP - Fundamental Belt Program	ABP - Advanced Belt Program	WBP - Women Belt Program	No Gi	Mixed	MT - Muay Thai
Specific BJJ Fundamentals Class for White Belts Age - 15 years old and up. Mandatory SBJJ Gi Uniform	Specific Brazilian Jiu-jitsu Advanced Class for White Belts 3 stripes and up / Age - 15 years old and up.Mandatory SBJJ Gi Uniform	Specific Brazilian Jiu-Jitsu class just for women and mixed Belt levels. Mandatory BJJ Gi Uniform.	Submission Jiu-Jitsu Grappling Class without the Gi with rash guard and short. Mandatory SBJJ Team rash guard and short.	All Belt levels. Mandatory SBJJ Gi Uniform.	Striking class utilizes the fists, elbows, knees, and shins to deliver explosive and powerful strikes that can subdue opponents quickly and effectively

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