## WRESTLING & BJJ | TIMETABLE

**TUESDAY** 

6:00PM WRESTLING TECHNIQUE COACH MOSTAFA 7:00PM
WRESTLING
TECHNIQUE
COACH MOSTAFA

**THURSDAY** 

6:30PM BJJ TECHNIQUE COACH RAFFAELE 7:30PM
BJJ ROLLING
COACH RAFFAELE

**SATURDAY** 

IO:OOAM
WRESTLING
STRENGTH &
CONDITIONING
COACH JOZEY



## WRESTLING & BJJ | TIMETABLE

**TUESDAY** 

6:00PM
WRESTLING
TECHNIQUE
COACH MOSTAFA

7:00PM
WRESTLING
TECHNIQUE
COACH MOSTAFA

**THURSDAY** 

6:30PM
BJJ
TECHNIQUE
COACH RAFFAELE

7:30PM
BJJ ROLLING
COACH RAFFAELE

SATURDAY

10:00AM
WRESTLING
STRENGTH &
CONDITIONING
COACH JOZEY



## WRESTLING & BJJ | TIMETABLE

**TUESDAY** 

6:00PM
WRESTLING
TECHNIQUE
COACH MOSTAFA

7:00PM
WRESTLING
TECHNIQUE
COACH MOSTAFA

**THURSDAY** 

6:30PM
BJJ
TECHNIQUE
COACH RAFFAELE

7:30PM
BJJ ROLLING
COACH RAFFAELE

**SATURDAY** 

10:00AM
WRESTLING
STRENGTH &
CONDITIONING
COACH JOZEY

