AMG Northwest Grappling Pasco — Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Grappling (All Levels) 6:00–7:00 AM Mat 1	**10 Round Tuesday (Open Mat)** 6:00–7:00 AM Mat 1	**Adult Grappling (All Levels)** 6:00–7:00 AM Mat 1	**Adult Grappling (All Levels)** 12:00–1:00 PM Mat 1	**Adult Grappling (All Levels)** 6:00–7:00 AM Mat 1	**Youth Grappling** 8:00–9:00 AM Mat 1
Adult Grappling (CLA) 12:00–1:00 PM Mat 1	**Adult Grappling (All Levels)** 12:00–1:00 PM Mat 1	**Adult Grappling (CLA)** 12:00–1:00 PM Mat 1	**Youth Grappling** 1:00–2:00 PM Mat 1	**Youth Folkstyle Wrestling** 4:30–5:30 PM Mat 1	**Adult Grappling (All Levels)** 9:00–10:30 AM Mat 1
Youth Play 4:30–5:00 PM Mat 1	**Youth Grappling** 1:00–2:00 PM Mat 1	**Youth Play** 4:30–5:00 PM Mat 1	**Youth Play** 4:30–5:00 PM Mat 1	**Youth Submission Wrestling** 5:30–6:30 PM Mat 1	**Adult MMA** 10:30 AM–12:00 PM Mat 1
Youth Essentials Gi 5:00–6:00 PM Mat 1	**Youth Play** 4:30–5:00 PM Mat 1	**Youth Essentials Grappling** 5:00–6:00 PM Mat 1	**Youth Essentials Grappling** 5:00–6:00 PM Mat 1	**Women's Only BJJ & Grappling** 5:30–6:30 PM Mat 2	
Adult MMA Competition Class 5:00–6:00 PM Mat 2	**Youth Essentials Gi** 5:00–6:00 PM Mat 1	**Adult MMA Competition Class** 5:00–6:00 PM Mat 2	**Adult Gi Jiu Jitsu** 6:00–7:00 PM Mat 1	**Open Mat** 6:30–8:00 PM Mat 1	
Youth Advanced Gi 6:00–7:00 PM Mat 1	**Adult Gi Jiu Jitsu** 6:00–7:00 PM Mat 1	**Youth Advanced Grappling** 6:00–7:00 PM Mat 1	**Youth Advanced Grappling** 6:00–7:00 PM Mat 2		
Adult Essentials Gi 6:00–7:00 PM Mat 2	**Youth Advanced Gi** 6:00–7:00 PM Mat 2	**Adult Essentials No-Gi** 6:00–7:00 PM Mat 2	**Adult Grappling (All Levels)** 7:00–8:00 PM Mat 1		
Adult Grappling (All Levels) 7:00–8:00 PM Mat 1	**Adult Grappling (All Levels)** 7:00–8:00 PM Mat 1	**Adult Grappling (All Levels)** 7:00–8:00 PM Mat 1	**Adult Submission Wrestling** 8:00–9:30 PM Mat 1		
Adult MMA 8:00–9:00 PM Mat 1	**Adult MMA** 8:00–9:00 PM Mat 1	**Adult MMA** 8:00–9:00 PM Mat 1	**Adult MMA** 8:00–9:00 PM Mat 2		
Adult Leg Locks 8:00–9:30 PM Mat 2	**Adult Advanced Grappling** 8:00–9:30 PM Mat 2	**Adult Leg Locks** 8:00–9:30 PM Mat 2			