



JOURNEY BRAZILIAN JIU-JITSU MAIN ACADEMY SCHEDULE

204 E Main St, North Manchester, IN 46962



Monday	Tuesday	Wednesday	Thursday	Friday
CARDIO KICKBOXING 5:00-5:30PM	BRAZILAIN JIU-JITSU 8:30-10:00AM	CARDIO KICKBOXING 5:00-5:30PM	BRAZILAIN JIU-JITSU 8:30-10:00AM	
KID's JIU-JITSU 5:30-6:15PM	CARDIO KICKBOXING 5:00-5:30PM	KID's JIU-JITSU 5:30-6:15PM	CARDIO KICKBOXING 5:00-5:30PM	
BRAZILIAN JIU-JITSU DRILLING 6:30-8:15PM	MMA / MUAY THAI 5:30-6:30PM	NOGI GRAPPLING 6:30-7:30PM	MMA / MUAY THAI 5:30-6:30PM	
CARDIO KICKBOXING 8:30-9:00PM	BRAZILAIN JIU-JITSU 6:30-8:30PM	BRAZILAIN JIU-JITSU 7:30-8:30PM	BRAZILAIN JIU-JITSU 6:30-8:30PM	OPEN MAT ONLY 6:30-8:30PM
	CARDIO KICKBOXING 8:30-9:00PM	CARDIO KICKBOXING 8:30-9:00PM	CARDIO KICKBOXING 8:30-9:00PM	

****** SATURDAY IS OPEN MAT ONLY FROM 9:00-10:30AM ******