

Sampa Brazilian Jiu-Jitsu

903 E Route 66 Suite A

Glendora, CA 91740

626-335-4971

www.sampabji.com

Adult BJJ Schedule



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
MORNING CLASSES														
5:15 AM	- Basics	- No-Gi (All Lvl)		- Basics				- Basics		9:15 AM Basics		10:30 AM All Levels		
7:10 AM		- All Levels				- All Levels								
8:45 AM		- Women’s Basics - Intermediate				- Intermediate								
EVENING CLASSES											10:00 AM Intermediate		11:00 AM Flow & Go (All Lvl)	
6:10 PM	- Teen’s Basics - Intermediate - Advanced	- Advanced		- Teen’s Basics - Intermediate - No-Gi (Adv)		- Advanced		- No-Gi (All Lvl) - Judo (All Lvl)						
7:10 PM	- Basics - Flow & Go (All Lvl)	- Judo/ Sambo (All Lvl)		- Basics - Flow & Go (All Lvl)		- Judo(All Lvl)								
8:10 PM	- No-Gi (All Lvl)	- No-Gi (All Lvl)		- No-Gi (All Lvl)		- No-Gi (All Lvl)								

| **Advanced level - Invitation ONLY** |

****ALL TRIALS ARE APPOINTMENT-BASED. PLEASE CONTACT US FIRST****

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Youth BJJ Schedule



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING CLASSES													
10:00 AM	- Homeschool (6+ yrs)									9:15 AM PW (4-5 yrs) 10:10 AM PW (5-7 yrs) 10:10 AM Parent and Me (3-4 yrs) 11:00 AM Jr (8-13 yrs)	10:30 AM All levels (6+ yrs)		
EVENING CLASSES													
3:10 PM		- PW (4-5 yrs)			- PW (4-5 yrs)								
4:00 PM	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)	- PW (4-7 yrs)				
5:00 PM	- Jr (8-13 yrs) - Jr Adv	- Jr (8-13 yrs) - PW Adv	- Jr (8-13 yrs) - Jr Adv	- Jr (8-13 yrs) - PW Adv	- Jr (8-13 yrs) - PW Adv	- Jr (8-13 yrs) - PW Adv	- Jr (8-13 yrs) - PW Adv	- Jr Adv					
6:00 PM		- Jr Adv			- Jr Adv								
6:30 PM At TC	- Jr (10+ yrs)	- PW (6+ yrs)	- Jr (10+ yrs)	- PW (6+ yrs)	- PW (6+ yrs)								
7:10 PM	- PW (6+ yrs)	- Jr (10+ yrs)	- PW (6+ yrs)	- Jr (10+ yrs)									

| Pee Wee - 4 to 7 years old | Junior - 8 to 13 years old | **Advanced level - Invitation ONLY** |

| Sampa Training Center - Behind Kings Fitness -> 919 E Route 66 |

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Striking Schedule



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING CLASSES													
8:45 AM	- KB					- KB	11:00 AM Youth (All Lvl)						
EVENING CLASSES													
4:00 PM	- Youth KB Adv	- Youth KB (6-9 yrs)	- Youth KB Adv	- Youth KB (6-9 yrs)	- Youth KB Adv								
5:00 PM	- KB Adv	- KB Adv	- KB Adv	- KB Adv									
5:45 PM	- Boxing	-Youth (10-12 yrs)	- Boxing	-Youth (10-12 yrs)									
7:15 PM	- KB	- MMA	- KB	- MMA									

| Advanced level - Invitation ONLY |

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