



TEAM CIA PAULISTA SCHEDULE

4120 El Camino Ave. Unit C Sacramento CA 95821 916-877-5487
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Effective OCTOBER 2016
 FULL SCHEDULE ONLINE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM-7:30AM		JIU-JITSU Chris Latino	JIU-JITSU Chuy Moreno	JIU-JITSU Chuy Moreno	JIU-JITSU Chris Latino		CLOSED
11AM-12:30PM	JIU-JITSU André Glodzinski	CLOSED	JIU-JITSU André Glodzinski	NO-GI BJJ André Glodzinski	JIU-JITSU André Glodzinski	JIU-JITSU André Glodzinski KIDS + ADULTS	
1PM-4:30PM	C	L	O	S	E	D	
4:50-5:30PM		<i>LITTLE WARRIORS</i> Age 4-9 years		<i>LITTLE WARRIORS</i> Age 4-9 years		CLOSED	
5:30PM-6:30PM	<i>KIDS JIU-JITSU</i>	<i>KIDS JIU-JITSU</i>	<i>KIDS JIU-JITSU</i>	<i>KIDS JIU-JITSU (No GI)</i>	<i>KIDS JIU-JITSU</i>	All Team Cia Paulista Instructors are available for Private Classes, and Group or Individual Training. Inquire at front desk or with instructors directly. 916-877-5487	
6:00PM-8:00PM	JIU-JITSU André Glodzinski	JIU-JITSU André Glodzinski	JIU-JITSU André Glodzinski	NO-GI BJJ André Glodzinski	ROLL CLASS : Jiu-Jitsu Train 6:30PM-7:30PM		

ALL CLASSES SUBJECT TO CHANGE AT ANYTIME.

FIND THE TEAM ON FACEBOOK www.facebook.com/TeamCiaPaulista