



# TEAM CIA PAULISTA SCHEDULE

4120 El Camino Ave. Unit C Sacramento CA 95821 916-877-5487  
 Team@TeamCiaPaulista.com www.TeamCiaPaulista.com

Effective MARCH 2021  
 FULL SCHEDULE ONLINE

SINCE 1988	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:30AM-7:30AM</b>		<b>JIU-JITSU</b> Chris Latino			<b>JIU-JITSU</b> Chris Latino		<b>CLOSED</b>
<b>11AM-12:30PM</b>	<b>JIU-JITSU</b> André Glodzinski	<b>CLOSED</b>	<b>JIU-JITSU</b> André Glodzinski	<b>NO-GI BJJ</b> André Glodzinski	<b>JIU-JITSU</b> André Glodzinski	<b>JIU-JITSU</b> KIDS + ADULTS	
<b>1PM-4:30PM</b>	<b>C</b>	<b>L</b>	<b>O</b>	<b>S</b>	<b>E</b>	<b>D</b>	
<b>4:40PM-5:30PM</b>		<i>LITTLE WARRIORS</i> Age 4-8/9 years		<i>LITTLE WARRIORS</i> Age 4-8/9 years		<b>CLOSED</b>	
<b>5PM-6PM</b>	<i>KIDS JIU-JITSU</i>		<i>KIDS JIU-JITSU</i>		<i>KIDS JIU-JITSU</i>		
<b>5:30PM-6:30PM</b>		<i>KIDS JIU-JITSU</i>		<i>KIDS JIU-JITSU (No GI)</i>		<b>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</b>	
<b>6:00PM-7:30PM</b>	<b>JIU-JITSU</b> André Glodzinski		<b>JIU-JITSU</b> André Glodzinski		<b>JIU-JITSU ROLL CLASS</b>		
<b>6:30PM-8:00PM</b>		<b>JIU-JITSU</b> André Glodzinski		<b>NO-GI BJJ</b> André Glodzinski			

**ALL CLASSES SUBJECT TO CHANGE AT ANYTIME.** ALL LEVELS MAY ATTEND ANY OF THE CLASSES.

FIND THE TEAM ON FACEBOOK [www.facebook.com/TeamCiaPaulista](http://www.facebook.com/TeamCiaPaulista) INSTAGRAM @ciapaulistabjjsacramento