



## 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
6:30AM-7:30AM		JIU-JITSU Chris Latino			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 KIDS + ADULTS	
1PM-4:30PM	C	L	O	S	E	D	
4:40PM-5:30PM		LITTLE WARRIORS Age 4-8/9 years		LITTLE WARRIORS Age 4-8/9 years		CLOSED	
5PM-6PM	KIDS JIU-JITSU		KIDS JIU-JITSU		KIDS JIU-JITSU		
5:30PM-6:30PM		KIDS JIU-JITSU		KIDS JIU-JITSU (No GI)		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-7:30PM	JIU-JITSU André Glodzinski		JIU-JITSU André Glodzinski		JIU-JITSU ROLL CLASS		
6:30PM-8:00PM		JIU-JITSU André Glodzinski		NO-GI BJJ 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