

Fogel Brazilian Jiu Jitsu

Updated & effective September 15, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	.	.	.	.	.	OPEN MAT 9:00am - 10:30am
10:00 AM	.	.	.	.	.	
11:00 AM	.	.	.	.	.	.
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6:00 PM	.	.	.	.	.	.
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7:00 PM	.	.	.	.	NoGi - All Levels 6:30pm - 8:00pm	.
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8:00 PM	Gi - All Levels 7:30pm - 9:00pm	.	Gi - All Levels 7:30pm - 9:00pm	.	.	.
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9:00 PM	.	.	.	.	.	.