

# Snake Hill Jiu-Jitsu Schedule

*50 Vineyard Ave. Highland, NY*

## Monday

4:15-5PM Little Cobras

5-6PM (Cobras)

6-7PM Adult BJJ (NoGi)

## Tuesday

6-7PM Adult BJJ (NoGi)

## Wednesday

4:15-5PM Little Cobras

5-6PM (Cobras) Gi

6-7PM Adult BJJ (Gi)

## Thursday

6-7PM Adult BJJ (NoGi)

## Friday

4:15-5PM Little Cobras

5-6PM (Cobras) Wrestling

6-8PM Adult BJJ (Open Mat)

## Sunday

1-2PM Adult BJJ (NoGi)

Little Cobras (Ages 4-6)

Cobras (Ages 7-13)



Snake Hill Jiu-Jitsu

@SnakeHillBJJ