



WERDUM TRAINING CENTER SCHEDULE

SPRING/SUMMER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM						
11:15 AM						Women only BJJ
11:30 AM	All levels BJJ	All levels no gi	All levels BJJ	All levels no gi	All levels BJJ	
12:30-2 PM						Open Mat
4:15-4:55 PM	3-5 y/o BJJ	3-5 y/o BJJ	3-5 y/o BJJ	3-5 y/o BJJ		
5-6 PM	6-11 y/o BJJ	6-11 y/o BJJ	6-11 y/o BJJ	6-11 y/o BJJ		
6-7 PM	11 & up BJJ	Competition Class	11 & up BJJ	Competition class		
6:30-8 PM					Open Mat	
7-8 PM	Blue & up	White belts	Blue & up	White belts		
8-9 PM	Kickboxing	MMA	Kickboxing	MMA	Kickboxing	