



WERDUM TRAINING CENTER SCHEDULE

FALL/WINTER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 AM	All levels BJJ		All levels BJJ		All levels BJJ	
12:30-2 PM						Open Mat
3:15-4PM	3-5 y/o BJJ	NO GI BJJ 8-14y	3-5 y/o BJJ	NO GI BJJ 8-14y	3-5 y/o BJJ	
4:00-5PM	6-8y/o BJJ	MMA KIDS 8-14y/o	6-8 y/o BJJ	MMA KIDS 8-14y/o	6-8 y/o BJJ	
5:00-6PM	9-11 y/o BJJ	11 & UP BJJ	9-11 y/o BJJ	11 & UP BJJ	9-11 y/o BJJ	
6:00-7PM	11 & UP BJJ	Woman only BJJ ALL Levels	11 & UP BJJ	Woman only BJJ ALL Levels	Open Mat	
7:00-8PM	White belts Beginners	Blue & up	White belts Beginners	Blue & up		
8:00-9 PM	ABADA CAPOEIRA ALL AGES	MMA INTRO	ABADA CAPOEIRA ALL AGES	MMA INTRO		