



# WERDUM TRAINING CENTER SCHEDULE

## WINTER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM						
8-9:30 AM						
11:30 AM	ALL LEVELS BJJ		ALL LEVELS BJJ		ALL LEVELS BJJ	
12:30-2 PM						OPEN MAT
3:15-3:55 PM	3-5 y/o all belts					
4-4:55 PM	6-8 y/o all belts					
5-6 PM	9-11 y/o all belts					
6-7 PM	11 & UP	COMPETITION CLASS	11 & UP	COMPETITION CLASS	OPEN MAT	
7-8 PM	BLUE & UP	WHITE BELTS	BLUE & UP	WHITE BELTS	OPEN MAT	
8-9 PM	KICKBOXING		KICKBOXING		KICKBOXING	
8-9 PM	BJJ INTRO	MMA INTRO	BJJ INTRO	MMA INTRO		