

The Base Woodland



2024 Summer Schedule

	Monday	Tuesday	No-Gi Wednesday	Thursday	Friday	Saturday	Sunday
6:15am-7:30am	All Levels Gi BJJ		All Levels No-Gi BJJ				
9am-10am						Women's BJJ for Self Defense	
10am-11am	Vinyasa Yoga	Suples Strength and Conditioning		Suples Strength and Conditioning	Restorative Yoga	Kids Comp Training- Gi Ages 4-14	Closed
11am-12pm	Private Jiu-Jitsu Lessons- appt only 360-818-3131	Adult BJJ Fundamentals Gi			Adult BJJ All Levels Gi	Competition Training Adults 15+	
Noon-1pm			Adult BJJ All Levels No-Gi		Open Mat Noon - 2 pm		
4:30pm-5:30pm	Suples Strength and Conditioning- Ages 13+	Kids BJJ- Gi Ages 4-7	Kids BJJ- No-Gi Ages 4-7	Kids BJJ- Gi Ages 4-7			
5:30pm-6:30pm	Youth Wrestling Ages 8-17	Kids BJJ- Gi Ages 8-14	Kids BJJ- No-Gi Ages 8-14	Kids BJJ- Gi Ages 8-14			
6:30pm-7:30pm	Adult BJJ All Levels Gi	Adult BJJ Fundamentals Gi	Adult BJJ All Levels No-Gi	Adult BJJ Fundamentals Gi			
7:30pm-8:30pm	Open Training	BJJ All Levels Gi	Open Training	BJJ All Levels Gi			