

# EFFINGHAM COMBAT ACADEMY

Program	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil'Wrestlers	Beginner		4:00-4:30		4:00-4:30		
Wrestling	Junior		5:00-5:45		5:00-5:55		
	Adult		6:00-7:00		6:00-7:00		
Brazilian Jiu Jitsu	Junior BJJ	5:00-5:55		5:00-5:45 (No-Gi)			11:00-11:45
	Adult BJJ	6:10-7:00		6:10-7:00 (No-Gi)			12:00-1:00
ECA Fight Team	Fighters Only	TBD	TBD	TBD	TBD	TBD	



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