

GRACIE BARRA BRAZILIAN JIU-JITSU



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
					Little Champs 3yrs - 5 yrs 9:10 – 10:00	
					Juniors & Teens 6yrs -15yrs 10:00 – 11:00	
					All Levels 11:00 – 12:00	
	All Levels 12:00 – 1:00		All Levels 12:00 – 1:00	All Levels 12:00 – 1:00	Live Training 12:00 – 12:30	
	Live Training 1:00 – 1:30		Live Training 1:00 – 1:30	Live Training 1:00 – 1:30		
Evening Classes						
Little Champs 3yrs - 5yrs 4:00 - 4:50	Little Champs 3yrs - 5yrs 4:30 - 5:20	Little Champs 3yrs - 5yrs 4:00 - 4:50	Little Champs 3yrs - 5yrs 4:30 - 5:20			
Juniors 6yrs -9yrs 4:50 - 5:40	Juniors 6yrs -9yrs 5:20 - 6:10	Juniors 6yrs -9yrs 4:50 - 5:40	Juniors 6yrs -9yrs 5:20 - 6:10			
Teens 10yrs -15yrs 5:40 - 6:30	Teens 10yrs -15yrs 6:10 - 7:00	Teens 10yrs -15yrs 5:40 - 6:30	Teens 10yrs -15yrs 6:10 - 7:00			
Fundamentals 6:30 – 7:30	Fundamentals 7:00 – 8:00	Fundamentals 6:30 – 7:30	Fundamentals 7:00 – 8:00			
Advanced 6:30 – 7:30	Advanced 7:00 to 8:00	Advanced 6:30 – 7:30	Advanced 7:00 to 8:00			
Live Training 7:30 – 8:30	Live Training 8:00 – 8:30	Live Training 7:30 – 8:30	Live Training 8:00 – 8:30			

“Jiu-Jitsu For Everyone”