



## GRACIE BARRA RSM BRAZILIAN JIU-JITSU

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES</b>						
	GB1 All Levels 6:00-7:00	Jiu-Jitsu Conditioning 6:00-7:00	GB1 All Levels 6:00 – 7:00	GB3 No Gi 6:00 – 7:00	Jiu-Jitsu Conditioning 7:30-8:20	
	Live Training 7:00 – 7:30		Live Training 7:00 – 7:30	Live Training 7:00 – 7:30	L.C. No-Gi 3yrs – 5yrs 8:50 – 9:30	
					Juniors No-Gi 6yrs – 8yrs 9:40 – 10:30	
Women’s Self Defense 11:00-12:00					Teens No-Gi 9yrs – 13yrs 10:40 – 11:30	
GB2 Competition 12:00 – 1:00	GB1 All Levels 12:00 – 1:00	GB1 All Levels 12:00 – 1:00	GB1 All Levels 12:00 – 1:00	GB3 No Gi 12:00 – 1:00	GB1 All Levels 11:30 – 12:30	
	Live Training 1:00 – 1:30	Live Training 1:00 – 1:30	Live Training 1:00 – 1:30	Live Training 1:00 – 1:30	Live Training 12:30 – 1:15	
<b>EVENING CLASSES</b>						
Little Champs 3yrs – 5yrs 3:30 - 4:10		Little Champs 3yrs – 5yrs 3:30 - 4:10		L.C. Advanced 3yrs – 5yrs 3:50 - 4:30		
Juniors 6yrs – 8yrs 4:10 – 5:00	Little Champs 3yrs – 5yrs 4:20 - 5:00	Juniors 6yrs – 8yrs 4:10 – 5:00	Little Champs 3yrs – 5yrs 4:20 - 5:00	Junior & Teen Conditioning 4:40 – 5:40		
Teens 9yrs – 13yrs 5:10 – 6:00	Juniors 6yrs – 8yrs 5:10 – 6:00	Teens 9yrs – 13yrs 5:10 – 6:00	Juniors 6yrs – 8yrs 5:10 – 6:00	Junior & Teen Advanced 5:40 – 6:30		
GB1 Fundamentals 6:00 – 7:00	Teens 9yrs – 13yrs 6:10 – 7:00	GB3 No Gi 6:00 – 7:00	Teens 9yrs – 13yrs 6:10 – 7:00	GB1 All Levels 6:30 – 7:30		
GB2 Advanced 7:00 – 8:00	GB1 All Levels 7:00 – 8:00	Live Training 7:00 – 7:45	GB1 All Levels 7:00 – 8:00	Live Training 7:30 – 8:15		
Live Training 8:00 – 8:45	Live Training 8:00 – 8:45	Women’s Self Defense 7:50-8:50	Live Training 8:00 – 8:45			