



**GRACIE  
LAB**  
JIU-JITSU



# TRAINING SCHEDULE

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

6:15>7:00AM  
**All Levels**

9:15>9:45AM  
**Kids 3-5**

9:00>10:00AM  
**Muay Thai**

9:00>10:00AM  
**Muay Thai**

10:00>10:45AM  
**Kids 6-8**

11:00>11:45AM  
**Kids 9-15**

12:00>12:45PM  
**All Levels**

12:00>12:45PM  
**All Levels**

12:00>12:45PM  
**All Levels**

12:00>12:45PM  
**All Levels**

12:45>1:15PM  
**Randori**

12:45>1:15PM  
**Randori**

12:45>1:15PM  
**Randori**

12:45>1:15PM  
**Randori**

3:30>4:00PM  
**Kids 3-5**

3:30>4:00PM  
**Kids 3-5**

3:30>4:00PM  
**Kids 3-5**

3:30>4:00PM  
**Kids 3-5**

4:15>5:00PM  
**Kids 6-8**

4:15>5:00PM  
**Kids 6-8**

4:15>5:00PM  
**Kids 6-8**

4:15>5:00PM  
**Kids 6-8**

5:15>6:00PM  
**Kids 9-14**

5:15>6:00PM  
**Kids 9-14**

5:15>6:00PM  
**Kids 9-14**

5:15>6:00PM  
**Kids 9-14**

6:15>7:00PM  
**All Levels**

6:15>7:00PM  
**All Levels**

6:15>7:00PM  
**All Levels**

6:15>7:00PM  
**All Levels**

6:30>7:30PM  
**Muay Thai**

7:00>7:30PM  
**Randori**

7:00>7:30PM  
**Randori**

7:00>7:30PM  
**Randori**

7:00>7:30PM  
**Randori**

7:30>8:30PM  
**Muay Thai**

7:30>8:30PM  
**Muay Thai**

