



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

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

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

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

