



GRACIE BARRA BRAZILIAN JIU JITSU

	Mon	Tues	Weds	Thurs	Fri	Sat
5:00 - 6:00	Advanced BJJ		Advanced BJJ		Open Mat 6:00 - 9:00	Kids BJJ 12:00 - 1:00
6:15 - 7:15	Fundamental BJJ	Kids BJJ	Fundamental BJJ	Kids BJJ		MMA 1:30 - 2:45
7:30 - 9:00	Advanced BJJ	Fundamental BJJ 7:30 - 8:30	Advanced BJJ	Fundamental BJJ 7:30 - 8:30		Open Mat 3:00 - 5:00
		Competition Training Gi & No Gi 8:30 - 9:30		Competition Training Gi & No Gi 8:30 - 9:30		