




# GRACIE BARRA CLASSES

	MON	TUES	WED	THURS	FRI	SAT
6:00 - 7:00 am		Adult BJJ All levels		Adult BJJ All levels		
8:30 - 9:30 am						
9:30 - 10:30 am						
10:00 - 11:00 am						Kids Competition BJJ All Ages Mats 1 & 2
11:00 - 12:00 pm	Adult BJJ All levels	Adult MUAY THAI All levels	Adult BJJ All levels	Adult MUAY THAI All levels	Adult BJJ All levels	Adult BJJ (11:00-12:30) Competition Class Youth-Teens MUAY THAI 6-15 yrs
12:00 - 1:00 pm		Judo All Levels				
1:00 - 2:00 pm						Adult MMA Competition Class *Per Coach approval
5:00 - 6:00 pm	Kids BJJ 4-6 yrs Teens MUAY THAI 11-15 yrs	Kids BJJ 7-9 yrs Youth MUAY THAI 6-10 yrs	Kids BJJ 4-6 yrs Teens MUAY THAI 11-15 yrs	Kids BJJ 7-9 yrs Youth MUAY THAI 6-10 yrs		
6:00 - 7:00 pm	Adult BJJ Adv. White belt, 3 Stripes & Up Kids BJJ 12-15 yrs	Adult BJJ All Levels Ends 7:30 pm Kids BJJ 10-11 yrs	Adult BJJ NoGi Adv. White belt, 3 Stripes & Up Kids BJJ 12-15 yrs	Adult BJJ All levels. Ends 7:30 pm Kids BJJ 10-11 yrs	Adult BJJ Fundamentals	
7:00 - 8:00 pm	Adult BJJ Fundamentals Adult MUAY THAI All levels	Wrestling All Levels 7:30 to 8:30	Adult MUAY THAI All levels	MMA Adult 7:30 to 8:30	Adult MUAY THAI All levels	

## GET IN TOUCH

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