



## GRACIE BARRA CHINO 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		GB3 No Gi 6:00 – 7:00		
		Live Training 7:00 – 7:30		Live Training 7:00 – 7:30		
					Little Champs 3yrs – 5yrs 9:10 – 9:50	
					Juniors & Teens 6yrs – 13yrs 10:00 – 11:00	
	GB1 All Levels 11:00 – 12:00	GB1 All Levels 11:00 – 12:00	GB1 All Levels 11:00 – 12:00	GB3 No Gi 11:00 – 12:00	GB1 All Levels 11:00 – 12:00	
	Live Training 12:00 – 12:30	Live Training 12:00 – 12:30	Live Training 12:00 – 12:30	Live Training 12:00 – 12:30	Live Training 12:00 – 12:45	
<b>EVENING CLASSES</b>						
Little Champs 3yrs – 5yrs 3:50 - 4:30	Teens 9yrs – 13yrs 3:50 – 4:50	Little Champs 3yrs – 5yrs 3:50 - 4:30	Teens 9yrs – 13yrs 3:50 – 4:50	L.C. Advanced 3yrs – 5yrs 3:50 - 4:30		
Juniors 6yrs – 8yrs 4:30 – 5:30	Juniors 6yrs – 8yrs 4:50 – 5:50	Juniors 6yrs – 8yrs 4:30 – 5:30	Juniors 6yrs – 8yrs 4:50 – 5:50	Jr Advanced 6yrs – 8yrs 4:30 – 5:30		
Teens 9yrs – 13yrs 5:30 – 6:30	Little Champs 3yrs – 5yrs 5:50 - 6:30	Teens 9yrs – 13yrs 5:30 – 6:30	Little Champs 3yrs – 5yrs 5:50 - 6:30	Teen Advanced 9yrs – 13yrs 5:30 – 6:30		
GB2 Advanced 6:30 – 7:30	GB2 Advanced 6:30 – 7:30	GB2 Advanced 6:30 – 7:30	GB2 Advanced 6:30 – 7:30	GB3 No Gi 6:30 – 7:30		
GB1 Fundamentals 6:30 – 7:30	GB1 Fundamentals 7:30 – 8:30	GB1 Fundamentals 6:30 – 7:30	Slow Roll 7:30 – 8:30	Live Training 7:30 – 8:15		
Live Training 7:30 – 8:15	Live Training 7:30 – 8:15	Live Training 7:30 – 8:15				
Women's Class 7:30-8:30						

### Adult Classes (14yrs and older)

GB1 = Fundamentals and All Levels

GB2 = Advanced (White belt 4 stripes and above)

No Gi = White belt 1 stripe and above

Women's Class = Self-defense focused

### Kids Classes (3yrs – 13yrs old)

LC = Little Champs ages 3-5yrs old

JR = Juniors ages 6-8yrs old

Teen = 9yrs – 13yrs old

Friday advanced classes: Must have at least 1 stripe