

## Gracie Eastlake Jiu Jitsu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All levels 11:00AM - 12:30PM		All levels 11:00AM - 12:30PM		All levels 11:00AM - 12:30PM	
Rugrats (Ages 3-5) 3:30PM - 4:10pm		Rugrats (Ages 3-5) 3:30PM - 4:10pm		Rugrats NOGI (Ages 3-5) 3:30PM - 4:10pm	Saturdays Closed
Cubs (Ages 5-8) 4:15PM - 5:15pm		Cubs (Ages 5-8) 4:15PM - 5:15pm		Cubs NOGI (Ages 5-8) 4:15PM - 5:15pm	
Juveniles (Ages 8-12) 5:15PM - 6:15PM		Juveniles (Ages 8-12) 5:15PM - 6:15PM		Juvenile/Teens NOGI (Ages 8-16) 5:15PM - 6:15PM	
Fundamental 6:15PM - 7:15PM		Fundamental 6:15PM - 7:15PM		Fundamental 6:15PM - 7:30PM	
Advanced GI 7:15PM - 8:30PM	All levels 7:00PM - 8:30 PM	Advanced GI 7:15PM - 8:30PM	All levels 7:00PM - 8:30 PM		

\* All white belts must attend beginner classes until after permitted by the head instructor to attend the advanced classes

\* All classes may go from 40 minutes-1.5 hours depending on class size and curriculum