

# Gracie South Bay Jiu Jitsu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Rugrats NOGI 9:00AM - 10:00AM
Fundamental Gi 11:00AM - 12:00PM	Self-Defense/NOGI 11:00AM - 12:00PM	Fundamental Gi 11:00AM - 12:00PM	Self-Defense/NOGI 11:00AM - 12:00PM	Fundamental Gi 11:00AM - 12:00PM	Cubs NOGI 10:00AM - 11:00PM
Advanced Gi 12:00PM - 1:00PM	Advanced Gi 12:00PM - 1:00PM	Advanced Gi 12:00PM - 1:00PM	Advanced Gi 12:00PM - 1:00PM	Advanced Gi 12:00PM - 1:00PM	Juvenile/Teens NOGI 11:00AM - 12:00PM
					<b>OPEN MAT</b> 12:00PM - 1:30PM
Juvenile (Ages 8-12) 4:10PM - 5:00pm	Rugrats (Ages 3-5) 4:10PM - 5:00pm	Juvenile (Ages 8-12) 4:10PM - 5:00pm	Rugrats (Ages 3-5) 4:10PM - 5:00pm	Cubs Competition Gi Class 4:10PM-5:00PM	
Teens (Ages 13-16) 5:00PM - 6:00PM	Cubs (Ages 5-8) 5:10PM - 6:00pm	Teens (Ages 13-16) 5:00PM - 6:00PM	Cubs (Ages 5-8) 5:10PM - 6:00pm	Juvenile/Teens Competition Gi Class 5:00PM-6:00PM	
Fundamental Gi 6:00PM - 7:00PM	Juvenile (Ages 8-12) 6:00PM - 7:00PM	Fundamental Gi 6:00PM - 7:00PM	Juvenile (Ages 8-12) 6:00PM - 7:00PM	Fundamental Gi 6:00PM - 7:00PM	
Advanced Gi 7:00PM - 8:30PM	Drill Class 7:00PM - 8:00 PM	Advanced Gi 7:00PM - 8:30PM	Drill Class 7:00PM - 8:00 PM	Sparring 7:00PM - 8:00PM	
	Sparring 8:00PM - 9:00PM		Sparring 8:00PM - 9:00PM		

**\*All white belts must attend beginner classes only until permitted by the instructor to enter the advanced class**

**Cubs, Juvenile & YG competition classes are per invitation by head instructor only**