



Tri-Cities Gracie Jiu-Jitsu®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 am

MASTER
CYCLE

9:45 am

REFLEX
DEVELOPMENT

11:00 am

GRACIE
COMBATIVES

12:15 pm

WOMEN
EMPOWERED

4:00 pm

LITTLE
CHAMPS

JUNIOR
COMBATIVES

LITTLE
CHAMPS

JUNIOR
COMBATIVES

5:15 pm

JUNIOR
GRAPPLERS

WOMEN
EMPOWERED

JUNIOR
GRAPPLERS

WOMEN
EMPOWERED

6:30 pm

MASTER
CYCLE

GRACIE
COMBATIVES

MASTER
CYCLE

GRACIE
COMBATIVES

7:45 pm

MASTER
CYCLE

REFLEX
DEVELOPMENT

8:15 pm

GRACIE
COMBATIVES

GRACIE
COMBATIVES