



GRACIE JIU-JITSU

WEEKLY SCHEDULE

LARGO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM - 7:00 AM	MAT 1 - ADVANCED (GI) 6:00 AM - 6:45 AM	MAT 1 - ADULT BEGINNERS 6:00 AM - 7:00 AM	MAT 1 - ADVANCED FIGHT SIM 6:00 AM - 6:45 AM	MAT 1 - ADULT BEGINNERS 6:00 AM - 7:00 AM	MAT 1 - ADVANCED NOGI 6:00 AM - 6:45 AM		
7:00 AM - 8:00 AM	MAT 2 - BEG REVIEW 6:00 AM - 7:30 AM	MAT 2 - MC GET BETTER FASTER 6:00 AM - 7:00 AM	MAT 2 - BEG REVIEW 6:00 AM - 7:30 AM	MAT 2 - MC GET BETTER FASTER 6:00 AM - 7:00 AM	MAT 2 - BEG REVIEW 6:00 AM - 7:30 AM		
8:00 AM - 9:00 AM	MAT 1 - ADV SPARRING (GI) 6:45 AM - 7:30 AM		MAT 1 - ADV SPARRING (NOGI) 6:45 AM - 7:30 AM		MAT 1 - ADV SPARRING NOGI 6:45 AM - 7:30 AM		
9:00 AM - 10:00 AM						MAT 1 - ALL LEVELS BULLYPROOF 9:00 AM - 10:00 AM	MAT 1 - OPEN MAT (NOGI) 9:00 AM - 10:30 AM
10:00 AM - 11:00 AM					MAT 1 - ADULT BEGINNERS 11:00 AM - 12:00 PM	MAT 1 - WOMENS SELF DEFENSE 10:05 AM - 11:05 AM	
11:00 AM - 12:00 PM	MAT 1 - GC REFLEX DEVELOPMENT 11:00 AM - 12:00 PM		MAT 1 - ADULT BEGINNERS 11:00 AM - 12:00 PM		MAT 2 - MC GET BETTER FASTER 11:00 AM - 12:00 PM	MAT 1 - ADULT BEGINNERS 11:15 AM - 12:15 PM	
12:00 PM - 1:00 PM	MAT 2 - BEG REVIEW 12:00 PM - 1:30 PM		MAT 2 - MC GET BETTER FASTER 11:00 AM - 12:00 PM		MAT 1 - ADVANCED (NOGI) 12:00 PM - 12:45 PM	MAT 1 - ADVANCED (GI) 12:20 PM - 1:00 PM	
1:00 PM - 2:00 PM	MAT 1 - ADVANCED (GI) 12:00 PM - 12:45 PM		MAT 1 - ADVANCED FIGHT SIM 12:00 PM - 12:45 PM		MAT 1 - ADV SPARRING (NOGI) 12:45 PM - 1:30 PM	MAT 1 - ADV SPARRING (GI) 1:00 PM - 2:00 PM	
1:00 PM - 2:00 PM	MAT 1 - ADV SPARRING (GI) 12:45 PM - 1:30 PM		MAT 2 - BEG REVIEW 12:00 PM - 1:30 PM		MAT 2 - BEG REVIEW 12:00 PM - 1:30 PM		
2:00 PM - 3:00 PM			MAT 1 - ADV SPARRING 12:45 PM - 1:30 PM				
3:00 PM - 4:00 PM							
4:00 PM - 5:00 PM	MAT 1 - KIDS 3-5YO 4:00 PM - 4:30 PM		MAT 1 - BEG KIDS 5-11YO 4:00 PM - 4:40 PM	MAT 1 - BEG KIDS 5-11YO 4:30 PM - 5:15 PM			
5:00 PM - 6:00 PM	MAT 1 - BEG KIDS 5-11YO 4:30 PM - 5:15 PM	MAT 1 - BEG KIDS 5-11YO 4:30 PM - 5:15 PM	MAT 1 - KIDS 3-5YO 4:45 PM - 5:15 PM	MAT 2 - WOMENS SELF DEFENSE 5:25 PM - 6:25 PM			
6:00 PM - 7:00 PM	MAT 1 - INT KIDS 5-11YO 5:20 PM - 6:20 PM	MAT 1 - WOMENS SELF DEFENSE 5:25 PM - 6:25 PM	MAT 1 - INT KIDS 5-11YO 5:20 PM - 6:20 PM	MAT 1 - GRACIE TEENS 11+ 5:35 PM - 6:25 PM			
7:00 PM - 8:00 PM	MAT 1 - ADULT BEGINNERS 6:25 PM - 7:25 PM	MAT 2 - GRACIE TEENS 11+ 5:35 PM - 6:25 PM	MAT 1 - ADULT BEGINNERS 6:25 PM - 7:25 PM	MAT 1 - GC REFLEX DEVELOPMENT 5:25 PM - 6:25 PM	MAT 1 - GC REFLEX DEVELOPMENT 6:25 PM - 7:25 PM	MAT 2 - ADVANCED WOMEN ONLY 6:25 PM - 7:25 PM	
7:00 PM - 8:00 PM	MAT 2 - MC SPARRING ROUND 1 6:40 PM - 7:25 PM	MAT 1 - ADVANCED (NOGI) 6:30 PM - 7:15 PM		MAT 1 - ADVANCED (GI) 6:30 PM - 7:15 PM	MAT 2 - BEG REVIEW 6:30 PM - 7:15 PM		
8:00 PM - 9:00 PM	MAT 1 - ADVANCED (GI) 7:25 PM - 8:15 PM	MAT 2 - BEG REVIEW 6:30 PM - 7:15 PM	MAT 2 - ADV SPARRING ROUND 1 6:40 PM - 7:25 PM	MAT 2 - BEG REVIEW 6:30 PM - 7:15 PM	MAT 1 & 2 ADV SPARRING (GI) 7:15 PM - 8:00 PM	MAT 1 - ADVANCED (NOGI) 7:30 PM - 8:00 PM	
8:00 PM - 9:00 PM	MAT 2 - MUAY THAI 7:45 PM - 8:30 PM	MAT 1 & 2 - ADV SPARRING (NOGI) 7:15 PM - 8:00 PM	MAT 1 - ADVANCED FIGHT SIM 7:30 PM - 8:15 PM	MAT 1 - ADULT BEGINNERS 8:00 PM - 9:00 PM		MAT 2 - ADV WOMEN OPEN MAT 7:30 PM - 9:00 PM	
8:00 PM - 9:00 PM	MAT 2 - ADV SPARRING ROUND 2 8:15 PM - 9:00 PM	MAT 1 - ADULT BEGINNERS 8:00 PM - 9:00 PM	MAT 2 - MUAY THAI 7:45 PM - 8:30 PM	MAT 2 - MC GET BETTER FASTER 8:00 PM - 9:00 PM		MAT 1 - ADV SPARRING (NOGI) 8:00 PM - 9:00 PM	
		MAT 2 - ADV SPARRING ROUND 2 8:15 PM - 9:00 PM	MAT 2 - ADV SPARRING ROUND 2 8:30 PM - 9:00 PM				

- COMBATIVES REVIEW
- MASTER CYCLE
- COMBATIVES
- REFLEX DEVELOPMENT
- MUAY THAI
- TEENS
- WOMENS
- BEGINNER KIDS
- MAT MUNCHKINS
- INT BULLYPROOF