



GRACIE JIU- JITSU

WEEKLY SCHEDULE

LARGO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM - 7:00 AM	MAT 1 - MASTER CYCLE (GI) 6:00 AM - 6:45 AM	MAT 1 - GRACIE COMBATIVES 6:00 AM - 7:00 AM	MAT 1 - MASTER CYCLE (NOGI FS) 6:00 AM - 6:45 AM	MAT 1 - GRACIE COMBATIVES 6:00 AM - 7:00 AM	MAT 1 - MASTER CYCLE (NOGI FS) 6:00 AM - 6:45 AM		
7:00 AM - 8:00 AM	MAT 2 - GC REVIEW/RD 6:00 AM - 7:30 AM	MAT 2 - MC GET BETTER FASTER 6:00 AM - 7:00 AM	MAT 2 - GC REVIEW/RD 6:00 AM - 7:30 AM	MAT 2 - MC GET BETTER FASTER 6:00 AM - 7:00 AM	MAT 2 - GC REVIEW/RD 6:00 AM - 7:30 AM		
8:00 AM - 9:00 AM	MAT 1 - MC SPARRING (GI) 6:45 AM - 7:30 AM		MAT 1 - MC SPARRING (NOGI) 6:45 AM - 7:30 AM		MAT 1 - MC SPARRING (GI) 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 - GRACIE COMBATIVES 11:00 AM - 12:00 PM	MAT 1 - WOMEN EMPOWERED 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 - GRACIE COMBATIVES 11:00 AM - 12:00 PM		MAT 2 - MC GET BETTER FASTER 11:00 AM - 12:00 PM	MAT 1 - GRACIE COMBATIVES 11:15 AM - 12:15 PM	
12:00 PM - 1:00 PM	MAT 2 - GC REVIEW/RD 12:00 PM - 1:30 PM		MAT 2 - MC GET BETTER FASTER 11:00 AM - 12:00 PM		MAT 1 - MASTER CYCLE (NOGI) 12:00 PM - 12:45 PM		
1:00 PM - 2:00 PM	MAT 1 - MASTER CYCLE (GI) 12:00 PM - 12:45 PM		MAT 1 - MASTER CYCLE (NOGI FS) 12:00 PM - 12:45 PM		MAT 1 - MC SPARRING (NOGI) 12:45 PM - 1:30 PM	MAT 1 - MASTER CYCLE (GI) 12:20 PM - 1:00 PM	
2:00 PM - 3:00 PM	MAT 1 - MC SPARRING (GI) 12:45 PM - 1:30 PM		MAT 2 - GC REVIEW/RD 12:00 PM - 1:30 PM		MAT 2 - GC REVIEW/RD 12:00 PM - 1:30 PM	MAT 1 - MC SPARRING (GI) 1:00 PM - 2:00 PM	
3:00 PM - 4:00 PM			MAT 1 - MC SPARRING 12:45 PM - 1:30 PM				
4:00 PM - 5:00 PM	MAT 1 - MAT MUNCHKINS (3-5 YO) 4:00 PM - 4:30 PM		MAT 1 - BEG BULLYPROOF 4:00 PM - 4:40 PM	MAT 1 - BEG BULLYPROOF 4:30 PM - 5:15 PM			
5:00 PM - 6:00 PM	MAT 1 - BEG BULLYPROOF 4:30 PM - 5:15 PM	MAT 1 - BEG BULLYPROOF 4:30 PM - 5:15 PM	MAT 1 - MAT MUNCHKINS 4:45 PM - 5:15 PM	MAT 2 - LADIES COMBATIVES 5:25 PM - 6:25 P			
6:00 PM - 7:00 PM	MAT 1 - INT BULLYPROOF 5:20 PM - 6:20 PM	MAT 1 - WOMEN EMPOWERED 5:25 PM - 6:25 PM	MAT 1 - INT BULLYPROOF 5:20 PM - 6:20 PM	MAT 1 - GRACIE TEENS 5:35 PM - 6:25 PM			
7:00 PM - 8:00 PM	MAT 1 - GRACIE COMBATIVES 6:25 PM - 7:25 PM	MAT 2 - GRACIE TEENS 5:35 PM - 6:25 PM	MAT 1 - GRACIE COMBATIVES 6:25 PM - 7:25 PM	MAT 1 - GC REFLEX DEVELOPMENT 5:25 PM - 6:25 PM			
8:00 PM - 9:00 PM	MAT 2 - MC SPARRING ROUND 1 6:40 PM - 7:25 PM	MAT 1 - MASTER CYCLE (NOGI) 6:30 PM - 7:15 PM		MAT 1 - MASTER CYCLE (GI) 6:30 PM - 7:15 PM	MAT 1 - GC REFLEX DEVELOPMENT 6:25 PM - 7:25 PM		
	MAT 1 - MASTER CYCLE (GI) 7:25 PM - 8:15 PM	MAT 2 - GC REVIEW/RD 6:30 PM - 7:15 PM		MAT 2 - GC REVIEW/RD 6:30 PM - 7:15 PM	MAT 2 - WOMEN ONLY MASTER CYCLE 6:25 PM - 7:25 PM		
	MAT 2 - MUAY THAI 7:45 PM - 8:30 PM	MAT 1/2 - MC SPARRING (NOGI) 7:15 PM - 8:00 PM		MAT 1/2 - MC SPARRING (GI) 7:15 PM - 8:00 PM	MAT 1 - MASTER CYCLE (NOGI) 7:30 PM - 8:00 PM		
	MAT 2 - MC SPARRING ROUND 2 8:15 PM - 9:00 PM	MAT 1 - GRACIE COMBATIVES 8:00 PM - 9:00 PM		MAT 1 - GRACIE COMBATIVES 8:00 PM - 9:00 PM	MAT 2 - WOMEN ONLY OPEN MAT 7:30 PM - 9:00 PM		
		MAT 2 - MC SPARRING ROUND 2 8:15 PM - 9:00 PM	MAT 1 - MASTER CYCLE (NOGI FS) 7:30 PM - 8:15 PM	MAT 2 - MC GET BETTER FASTER 8:00 PM - 9:00 PM			
			MAT 2 - MUAY THAI 7:45 PM - 8:30 PM				
			MAT 2 - MC 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