



GRACIE JIU-JITSU®

PORTLAND

2025 Schedule

(v.12.28.24)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15a Master Cycle (Adv.)		6:15a Master Cycle (Adv.)			
	7:30a Gracie Combatives (Beg.)		7:30a Gracie Combatives (Beg.)			9:15a Gracie Combatives (Beg.)
10a - 12p Study Hall	9a - 11:30a Study Hall		9a - 11:30a Study Hall			10:30a Master Cycle (Adv.)
	12p Gracie Combatives (Beg.)	12p Master Cycle (Adv.)	12p Gracie Combatives (Beg.)	12p Master Cycle (Adv.)		11:45a Muay Thai (Beg. Striking)
		1p Conditioning (1/2hr)		1p Conditioning (1/2hr)		1p Master Cycle (Fundamentals)
			5:15p Conditioning (1/2hr)	3p-4:30p Study Hall		
	5:45p Gracie Combatives (Beg.)		5:45p Master Cycle (Adv.)	5:00p Bullyproof (Kids 7-12yrs)		
	7p Master Cycle (Adv.)	6:15p Women Empowered (Women's Self-Def.)	7p Gracie Combatives (Beg.)	6:15 PM Women Empowered (Women's Self-Def.)		
	8p Conditioning (1/2hr)			7:30 PM Reflex Development (Test Prep)		