



GRACIE TAMPA HQ

CLASS SCHEDULE

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www.GracieTampa.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ADVANCED JIU JITSU 6 AM		ADVANCED JIU JITSU 6 AM			
INTRO 9 AM	ADVANCED JIU JITSU 10 AM	INTRO 9 AM				
ADVANCED JIU JITSU 10 AM	STRIKING 11:30 AM	ADVANCED JIU JITSU 10 AM	ADVANCED JIU JITSU 10 AM	ADVANCED JIU JITSU 10 AM	STRIKING 10 AM	OPEN MAT 10 AM
	LITTLE NINJAS (GI) 4-4:45 PM	HOMESCHOOL KIDS 1 PM	BIG NINJAS (GI) 4-4:45 PM		INTRO 11:30 AM	
LITTLE NINJAS (NOGI) 5 PM	BIG NINJAS (GI) 5 PM	LITTLE NINJAS (NOGI) 5 PM	LITTLE NINJAS (GI) 5 PM	LITTLE NINJAS (NOGI) 5 PM	COMP TEAM 12:30 PM	
BIG NINJAS (NOGI) 5:30 PM	INTRO 6 PM	BIG NINJAS (NOGI) 5:30 PM	INTRO 6 PM	BIG NINJAS (NOGI) 5:30 PM		
ADVANCED JIU JITSU 6:30 PM	ADVANCED JIU JITSU 7 PM	ADVANCED JIU JITSU 6:30 PM	WRESTLING 7 PM	ADVANCED JIU JITSU 6:30 PM		
STRIKING 8 PM	INTRO STRIKING 8 PM	STRIKING 8 PM	INTRO STRIKING 8 PM	STRIKING 8 PM		