



GRACIE TAMPA HQ CLASS SCHEDULE

813-803-3528

gracietampa@gmail.com

www.GracieTampa.com

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