



GRACIE TAMPA HQ CLASS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ADVANCED JIU JITSU 6 AM		ADVANCED JIU JITSU 6 AM		COMP TEAM 9 AM	
ADVANCED JIU JITSU 10 AM	ADVANCED JIU JITSU 10 AM	ADVANCED JIU JITSU 10 AM	ADVANCED JIU JITSU 10 AM	ADVANCED JIU JITSU 10 AM	STRIKING 10 AM	OPEN MAT 10 AM
					INTRO 11:30 AM	
LITTLE NINJAS (NOGI) 5 PM	LITTLE NINJAS (GI) 5 PM	LITTLE NINJAS (NOGI) 5 PM	LITTLE NINJAS (GI) 5 PM	LITTLE NINJAS (NOGI) 5 PM		
BIG NINJAS (NOGI) 5:40 PM	BIG NINJAS (GI) 5:40 PM	BIG NINJAS (NOGI) 5:40 PM	BIG NINJAS (GI) 5:40 PM	BIG NINJAS (NOGI) 5:40 PM		
ADVANCED JIU JITSU 6:30 PM	INTRO 6:30 PM	ADVANCED JIU JITSU 6:30 PM	INTRO 6:30 PM	ADVANCED JIU JITSU 6:30 PM		
	DRILL/ROLL 7:30 PM		WRESTLING 7:30 PM			
STRIKING 8 PM	OPEN MAT/INTRO STRIKING 8 PM	STRIKING 8 PM	INTRO STRIKING 8 PM	STRIKING 8 PM		