

Renzo Gracie Jiu Jitsu Academy

CLASS SCHEDULE

MONDAY	FITNESS KICKBOXING 10:00am-11:00am	JIU JITSU NO GI (all levels) 11:00am-12:00pm	FUTURE LEADERS Gi (age 3-5) 4:00pm-4:30pm	YOUNG CUBS Gi (age 6-9) 4:30pm-5:15pm	YOUNG LIONS Gi (age 10-13) 5:15-6:00pm
	JIU JITSU Gi (all levels) 6:00pm-7:00pm	FITNESS KICKBOXING 6:00pm-7:00pm	MMA FUNDAMENTALS 7:00pm-8:00pm	MMA ELITE 8:00pm-9:00pm	
TUESDAY	JIU JITSU No GI (all levels) 6:30-7:30 am	MMA ELITE 10:00am-11:00am	FUTURE LEADERS No Gi (age 3-5) 4:00pm-4:30pm	YOUNG LIONS No Gi (age 10-13) 4:30-5:15pm	YOUNG CUBS No Gi (age 6-9) 5:15pm-6:00pm
	JIU JITSU GI FUNDAMENTALS 6:00pm-7:00pm	FITNESS KICKBOXING 6:00pm-7:00pm	JIU JITSU Gi (all levels) 7:00pm-8:00pm	OPEN MAT 8:00pm-9:00pm	
WEDNESDAY	FITNESS KICKBOXING 10:00am-11:00am	JIU JITSU Gi (all levels) 11:00am-12:00pm	FUTURE LEADERS Gi (age 3-5) 4:00pm-4:30pm	YOUNG CUBS Gi (age 6-9) 4:30pm-5:15pm	YOUNG LIONS Gi (age 10-13) 5:15-6:00pm
	JIU JITSU NO GI (all levels) 6:00pm-7:00pm	FITNESS KICKBOXING 6:00pm-7:00pm	MMA FUNDAMENTALS 7:00pm-8:00pm	MMA ELITE 8:00pm-9:00pm	
THURSDAY	JIU JITSU Gi (all levels) 6:30-7:30 am	FITNESS KICKBOXING 10:00am-11:00am	FUTURE LEADERS No Gi (age 3-5) 4:00pm-4:30pm	YOUNG LIONS No Gi (age 10-13) 4:30-5:15pm	YOUNG CUBS No Gi (age 6-9) 5:15pm-6:00pm
	JIU JITSU NO GI FUNDAMENTALS 6:00pm-7:00pm	FITNESS KICKBOXING 6:00pm-7:00pm	JIU JITSU NO GI (all levels) 7:00pm-8:00pm	OPEN MAT 8:00pm-9:00pm	
FRIDAY	FITNESS KICKBOXING 10:00am-11:00am	JIU JITSU NO GI (all levels) 11:00am-12:00pm	FUTURE LEADERS Gi (age 3-5) 4:00pm-4:30pm	YOUNG CUBS Gi (age 6-9) 4:30pm-5:15pm	YOUNG LIONS Gi (age 10-13) 5:15-6:00pm
	JIU JITSU Gi (all levels) 6:00pm-7:00pm	OPEN MAT 8:00pm-9:00pm			
SATURDAY	JIU JITSU Gi (all levels) 8:30am-9:30am	FUTURE LEADERS No Gi (age 3-5) 9:00-9:30am	YOUNG CUBS No Gi (age 6-9) 9:30-10:15am	FITNESS KICKBOXING 10:00am-11:00am	YOUNG LIONS No Gi (age 10-13) 10:15am-11:00am
	JIU JITSU NO GI (all levels) 11:00am-12:00pm	OPEN MAT 12:00pm-2:00pm	MMA ELITE 12:00pm-1:00pm		
SUNDAY	OPEN MAT 10:00am-1:00pm				