



GRACIE BARRA VERNON 2012 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00 Fundamental BJJ	
					10:00-11:00 Advanced BJJ	
					11:00-11:30 Live Training BJJ	11:00-12:30 Live Training
AFTERNOON						
12:00-1:00 Advanced BJJ	12:00-1:00 Live Training BJJ	12:00-1:00 Advanced BJJ	12:00-1:00 Fundamental BJJ	12:00-1:00 Advanced BJJ	12:00-1:00 Conditioning Class	
					1:00-2:00 Future Champions	
	4:00-4:45 Little Champions		4:00-4:45 Little Champions			
4:30-5:30 Future Champions		4:30-5:30 Future Champions		4:30-5:30 Future Champions		
EVENING						
	5:00-5:30 Conditioning Class					
	5:30-6:30 Women's BJJ		5:30-6:00 Conditioning Class	5:30-6:30 No Gi BJJ		
		5:45-7:00 Boxing	6:00-7:00 Women's BJJ			
6:30-7:30 Fundamental BJJ	6:30-7:30 Fundamental BJJ		7:00-8:00 Fundamental BJJ			
7:30-8:30 Advanced BJJ	7:30-8:30 Black Belt BJJ	7:00-8:00 Judo				
8:30-9:00 Live Training BJJ	8:30-9:00 Live Training BJJ	8:00-9:00 Advanced BJJ	8:00-9:00 Advanced BJJ			
		9:00-9:30 Live Training BJJ	9:00-9:30 Live Training BJJ			

**See schedule posted at the club for additional class details.

JIU-JITSU FOR EVERYONE!!