



**IGOR
GRACIE**
**JIU-JITSU
ACADEMY**

Schedule since **MAY 2017**

- Blue Belt** » Beginners Program ●
- Purple Belt / NoGi** » Advanced Program ●
- Randori** » Live Training (Purple Belt Only) ●
- Mixed BJJ** » Both Programs ●
- Kids Jitsu** » Program for Children ●

Morning	MON	TUE	WED	THU	FRI	SAT
7:00 - 8:00 AM	Mixed BJJ		Mixed BJJ			
9:30 - 10:15 AM						Kids 3-5 yr
10:15 - 11:00 AM						Kids 6-8 yr
11:00 - 11:45 AM						Kids 9-14 yr
11:45 - 12:45 PM						Mixed BJJ
Afternoon						
12:30 - 1:30 PM	Mixed BJJ	Mixed BJJ	Mixed BJJ	Mixed BJJ	Mixed BJJ	
12:45 - 1:45 PM						NoGi
1:30 - 2:00 PM	Randori	Randori	Randori	Randori	Randori	
1:45 - 2:15 PM						Randori
Evening						
4:00 - 4:45 PM	Kids 3-5 yr	Kids 3-5 yr	Kids 3-5 yr	Kids 3-5 yr		
4:45 - 5:30 PM	Kids 6-8 yr	Kids 6-8 yr	Kids 6-8 yr	Kids 6-8 yr		
5:30 - 6:15 PM	Kids 9-14 yr	Kids 9-14 yr	Kids 9-14 yr	Kids 9-14 yr		
6:15 - 7:15 PM	Blue B	Purple B	Blue B	Purple B		
7:00 - 8:00 PM					Mixed BJJ	
7:15 - 8:15 PM	Purple B	Randori	NoGi	Randori		
7:45 - 8:45 PM		Blue B		Blue B		
8:15 - 8:45 PM	Randori		Randori			