



CLASS SCHEDULE

Book your FREE introduction class and 10 day free trial at

www.graciejiujitsu.co.za

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9am	Women Empowered 9am-10am					Combatives 9.30am-10.30am	
10am		Combatives 10am-11am	Combatives 10am-11am				MC BBS Drill Practice 10.30am - 11am
11am							OPEN MAT 11am-12pm
4pm	Kids Competition Class 4pm-5pm	Little Champs 4.15pm-4.45pm	Little Champs 4.15pm-4.45pm				
5pm	Black Belt Club 5pm - 6pm	Junior Grapplers 5pm - 6pm	Junior Grapplers 5pm - 6pm		Black Belt Club 5pm - 6pm		
6pm	Combatives 6.15pm - 7pm	MC Technique & Rolling 6.15pm - 7.45pm GI	Women Empowered 6pm-7pm	MC Technique & Rolling 6.15pm - 7.45pm NO GI	Combatives 6.15pm - 7.15pm		
7pm	REFLEX DEVELOPMENT 7pm-7.30pm						
8pm	MC Technique & Rolling 7.30pm - 8.45pm NO GI		Combatives 7.45pm - 8.45pm		Competition Class 7.15pm - 8pm		MC Technique & Rolling 6.15pm - 7.45pm GI
	Little Champs 5-7years old	Black Belt Club 13 years and older	Women Empowered Ladies only self defence classes 12years and up	Combatives Adult Beginners	MC - (Master Cycle) Adult Advanced Class	REFLEX DEVELOPMENT For White Belt 2 Stripe & Above	
	Junior Grapplers 8-13years old						