



CLASS SCHEDULE

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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						
5pm	Black Belt Club 5pm - 6pm	Little Champs 4.30pm-5pm		Little Champs 4.30pm-5pm	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 GI	Combatives 6.15pm - 7.15pm	
7pm	REFLEX DEVELOPMENT 7pm-7.30pm					
8pm	MC Technique & Rolling 7.30pm - 8.45pm GI	Combatives 7.45pm - 8.45pm	Competition Class 7.15pm - 8.15pm	Combatives 7.45pm - 8.45pm	MC Technique & Rolling 7.15pm - 7.45pm NO GI	
	Little Champs 5-7years old	Black Belt Club (by invitation only)	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					