



## Gracie Bradenton Adult Class Schedule

| Time             | Sunday                   | Monday                       | Tuesday                        | Wednesday                      | Thursday                     | Friday                       | Saturday                |
|------------------|--------------------------|------------------------------|--------------------------------|--------------------------------|------------------------------|------------------------------|-------------------------|
| 6:00 – 6:45 AM   |                          |                              | Mixed Level BJJ                | Mixed Level BJJ                | Mixed Level BJJ              |                              |                         |
| 10:30 – 11:15 AM | Open Mat<br>Teens/Adults | Mixed Level BJJ              | Mixed Level BJJ                | Mixed Level BJJ                | Mixed Level BJJ              | Mixed Level BJJ              |                         |
| 11:00 – 11:45 AM |                          |                              |                                |                                |                              |                              | Advanced MMA            |
| 1:00 – 1:45 PM   |                          |                              |                                |                                |                              |                              | Competition<br>Training |
| 2:00 – 2:45 PM   |                          |                              |                                |                                |                              |                              |                         |
| 7:15 – 8:00 PM   |                          | Beginner BJJ<br>Advanced BJJ | Mixed Level BJJ<br>Women's BJJ | Mixed Level BJJ<br>Women's BJJ | Beginner BJJ<br>Advanced BJJ | Beginner BJJ<br>Advanced BJJ |                         |
| 8:00 – 8:45 PM   |                          |                              |                                |                                | Wrestling<br>w/Dylan         |                              |                         |



## Gracie Bradenton Kids Class Schedule

| Time             | Sunday                          | Monday                           | Tuesday                          | Wednesday                        | Thursday                         | Friday                        | Saturday                    |
|------------------|---------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|-------------------------------|-----------------------------|
| 10:30 – 11:15 AM | <b>Open Mat</b><br>Teens/Adults | <b>Home School Heroes (6-11)</b> | <b>Home School Heroes (6-11)</b> | <b>Home School Heroes (6-11)</b> | <b>Home School Heroes (6-11)</b> |                               |                             |
| 12:00 – 1:00 PM  |                                 |                                  |                                  |                                  |                                  |                               | <b>Competition Training</b> |
| 5:00 - 5:30 PM   |                                 | <b>Tiny Ninjas (4-6)</b>         | <b>Tiny Ninjas (4-6)</b>         | <b>Tiny Ninjas (4-6)</b>         | <b>Tiny Ninjas (4-6)</b>         | <b>Tiny Ninjas (4-6)</b>      |                             |
| 5:30 - 6:15 PM   |                                 | <b>Junior Warriors (7-10)</b>    | <b>Junior Warriors (7-10)</b>    | <b>Junior Warriors (7-10)</b>    | <b>Junior Warriors (7-10)</b>    | <b>Junior Warriors (7-10)</b> |                             |
| 6:15 - 7:00 PM   |                                 | <b>Teen Gorillas (11-15)</b>     | <b>Teen Gorillas (11-15)</b>     | <b>Teen Gorillas (11-15)</b>     | <b>Teen Gorillas (11-15)</b>     | <b>Teen Gorillas (11-15)</b>  |                             |