

GRACIE BARRA O'FALLON / Class Schedule

GRACIE BARRA KIDS AND TEEN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00pm-5:00pm: Kids Private Classes**	4:45pm-5:30pm LC1: Kids Jiu Jitsu Ages 4-6	4:00pm-5:00pm: Kids Private Classes**	4:45pm-5:30pm LC1: Kids Jiu Jitsu Ages 4-6	4:45pm-5:30pm: Kids Wrestling and No-Gi Ages 7-12 LC2/Juniors	10:00am-11:00am LC2 Juniors Kids Jiu Jitsu Ages: 7-9
5:00pm-6:30pm LC2: Juniors Kids Competition Training* Ages 7-12	4:45 pm-5:30pm LC2 Kids Jiu Jitsu Ages 7-9	5:00pm-6:30pm LC2: Juniors Kids Competition Training* Ages 7-12	4:45 pm-5:30pm LC2 Kids Jiu Jitsu Ages 7-9	5:30pm-6:30pm Kids MMA Ages 8-13	11:00am-12:00pm: Juniors/Teen Jiu Jitsu Ages: 10-15
5:30pm-6:30pm LC2: Juniors Kids Jiu Jitsu Ages 7-9	5:30pm-6:30pm: Juniors Kids Jiu Jitsu Ages 10-12	5:30pm-6:30pm LC2: Juniors Kids Jiu Jitsu Ages 7-9	5:30pm-6:30pm: Juniors Kids Jiu Jitsu Ages 10-12		
5:30pm-6:30pm: Juniors Kids Jiu Jitsu Ages 10-12	5:30pm-6:30pm: Teen Jiu Jitsu Ages 13-15	5:30pm-6:30pm: Juniors Kids Jiu Jitsu Ages 10-12	5:30pm-6:30pm: Teen Jiu Jitsu Ages 13-15		

Color Codes:

Yellow for LC1: AGES 4 to 6

Orange for LC2: AGES 7 to 9

Green for Juniors and Teens 10-12 and 13-15

***Requires Instructor Permission**

****See a Staff Member For Availability**

GRACIE BARRA ADULT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-7:00am GB1: Adult Jiu Jitsu	6:30pm-7:30pm GB2: Adult No-Gi Jiu Jitsu	6:00am-7:00am GB1: Adult Jiu Jitsu	6:30pm-7:30pm GB2: Adult No-Gi Jiu Jitsu	6:00am-7:00am GB1/2: Adult Jiu Jitsu	11:00am-12:00pm: Women's Jiu Jitsu and Self Defense Ages 10 & up
12:00pm-1:00pm GB1/2: Adult Jiu Jitsu	11:00am-1pm: Adult Competition Training*	12:00pm-1:00pm GB1/2: Adult Jiu Jitsu	11:00am-1pm: Adult Competition Training*	12:00pm-1:00pm GB1/2: Adult Jiu Jitsu	12pm-1pm GB1/GB2: Adult Jiu Jitsu
1:00pm-1:30pm GB2: Adult Live Training*	6:30pm-7:30pm GB1: Adult Jiu Jitsu	1:00pm-1:30pm GB2: Adult Live Training*	6:30pm-7:30pm GB1: Adult Jiu Jitsu	1:00pm-1:30pm GB2: Adult Live Training	1pm-1:30pm GB2: Adult Live Training*
6:30pm-7:30pm GB3: Adult Jiu Jitsu*	6:30pm-7:30pm GB2 Adult No-Gi Jiu Jitsu	6:30pm-7:30pm GB3: Adult Jiu Jitsu*	6:30pm-7:30pm GB2 Adult No-Gi Jiu Jitsu	6:30pm-7:30pm GB2: Rock-n-Roll Open Mat*	
6:30pm-7:30pm: Adult Muah Thai Kickboxing	7:30pm-8:30pm Adult Competition Training*	6:30pm-7:30pm: Adult Muah Thai Kickboxing	7:30pm-8:30pm Adult Competition Training*		
7:30pm-8:30pm GB1: Adult Jiu Jitsu	7:30pm-8:30pm Adult Seasonal Course***	7:30pm-8:30pm GB1: Adult Jiu Jitsu	7:30pm-8:30pm Adult Seasonal Course***	6:30pm-7:30pm Adult Muay Thai Kickboxing	
7:30pm-8:30pm GB3: Adult Jiu Jitsu Live Training*		7:30pm-8:30pm GB3: Adult Jiu Jitsu Live Training*			

Color Codes:

Blue for GB1

Purple for GB2

Blue/Purple for GB1 /GB2

Black for GB3

Red for Kickboxing

*****Special Limited Time Courses Such as MMA,
Judo, Weapons Retention or Women's Self-Defense**