



Xtreme

Gracie

Jiu Jitsu

Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:50	XG / FS Gi Jiu-Jitsu	XG / FS Jiu-Jitsu (No Gi)	XG / FS Gi Jiu-Jitsu	XG / FS Jiu-Jitsu (No Gi)	USA Certified Judo Mat B	
10:00-11:15	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	Open Mat	
11:15-12:00	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	
See times for Saturday classes to the right					9:00-9:50	Kids Bang Muay Thai ALL AGES
See times for Saturday classes to the right					10:00-11:45	XG / FS Jiu-Jitsu (No Gi)
4:30-5:30	USA Certified Judo Mat B				11:10-11:50	Open Mat
5:30-6:20	Sunshine Scrapppers	Reca Warriors	Sunshine Scrapppers	Reca Warriors	USA Kids Wrestling ALL AGES	
6:30-7:30	XG / FS Gi Jiu-Jitsu	XG / FS Jiu-Jitsu (No Gi)	XG / FS Gi Jiu-Jitsu	XG / FS Jiu-Jitsu (No Gi)	USA Adult Wrestling *****	
7:45-8:45	Bang Muay Thai Mat A	Bang Muay Thai Mat A	Bang Muay Thai Mat A	Bang Muay Thai Mat A	Open Mat	
7:45-8:45	XGBJJ Fundamentals Mat B	Xtreme Gracie Self Defense Mat B	USA Certified Judo Mat B	No Gi Leg Locks Mat B		
7:45-8:45	Open Mat	Open Mat	Open Mat	Open Mat		