



Xtreme Gracie Schedule



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>9:00-9:50</u>	Jiu Jitsu Gi	Jiu Jitsu No Gi	Jiu Jitsu Gi	Jiu Jitsu No Gi	OPEN MAT	Kids MMA
<u>10:00-11:00</u>	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	OPEN MAT	Jiu Jitsu No Gi
<u>11:15-12:00</u>	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT
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<u>4:30-5:30</u>	Open Mat	-	-	-	-	-
<u>5:30-6:15</u>	Sunshine Scrappers Age:4-8	Reca Warriors Age: 9-12	Sunshine Scrappers Age:4-8	Reca Warriors Age: 9-12	USA Kids Wrestling ALL AGES	-
<u>6:30-7:30</u>	Jiu Jitsu Gi	Jiu Jitsu No Gi	Jiu Jitsu Gi	Jiu Jitsu No Gi	USA Adult Wrestling	-
<u>7:45-8:45</u>	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	OPEN MAT	-
<u>7:45-8:45</u>	OPEN MAT	No Gi Leg Locks	OPEN MAT	No Gi Leg Locks	-	-
<u>7:45-8:45</u>	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	-	-