



# 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
<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>6:30-8:00</u>		+		+		
		(Leg Locks)		(Leg Locks)		
<u>7:45-8:45</u>	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai		
<u>7:45-8:45</u>	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT		