



Xtreme Gracie Schedule



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</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>10:15-11:15</u>	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	Bang Muay Thai	OPEN MAT	OPEN MAT	
<u>11:15-12:00</u>	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	
<u>12:00-1:30</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	<u>6:30-7:30</u> Womens Self Defense (Friday)		
<u>7:45-8:45</u>	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT			

