



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>7:45-8:45</u> | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | | | |