



RENZO GRACIE UWS

INITIAL SCHEDULE*

Address: 246 Columbus Ave. Phone: 212 787 3700 E-mail: uws@renzogracieuws.com Website: renzogracieuws.com

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 to 7:15 am	Fundamentals**	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
7:15 to 7:45 am	Randori	Randori	Randori	Randori	Randori		
10 to 10:50 am						Youth	Youth
11 to 12 pm					Instructor Training	Fundamentals	Fundamentals
12 to 12:50 pm		Women Self-Defense		Women Self-Defense		Women Self-Defense	
12 to 12:45 pm						Randori	Randori
12 to 1 pm	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
4 to 4:50 pm	Youth****	Youth	Youth	Youth	Youth		
6 to 7 pm	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
7 to 7:45 pm	Randori	Randori	Randori	Randori	Randori		
7 to 8 pm	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals		

* More classes will be added on Fall 2019

** Students of any level are eligible to attend Fundamentals classes

*** Students must be three stripes and up to attend Randori classes

**** Youth classes are organized by the following age groups: 3-6; 7-9; 10-12; 13-15