



RENZO GRACIE JIU-JITSU UPPER WEST SIDE

| ADULT JIU-JITSU | | | | | | | |
|------------------|-----------------|----------------------------------|-----------------|----------------------------------|-----------------|-----------------|-----------|
| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00 - 7:00 am | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | | | |
| 7:00 - 8:00 am | | No-Gi Jiu-Jitsu | | Jiu-Jitsu Flow | Jiu-Jitsu | | |
| 11:00 - 11:45 am | | Women's Jiu-Jitsu & Self-Defense | | Women's Jiu-Jitsu & Self-Defense | | | |
| 12:00 - 1:00 pm | Jiu-Jitsu Flow | No-Gi Jiu-Jitsu | Jiu-Jitsu Flow | Jiu-Jitsu Flow | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu |
| 1:00 - 2:00 pm | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | No-Gi Jiu-Jitsu | | |
| 2:00 - 3:00 pm | | | | | | No-Gi Jiu-Jitsu | |
| 6:00 - 7:00 pm | Jiu-Jitsu | Jiu-Jitsu | No-Gi Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | | |
| 7:00 - 8:00 pm | No-Gi Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | No-Gi Jiu-Jitsu | Jiu-Jitsu | | |
| 8:00 - 9:00 pm | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | Jiu-Jitsu | | | |

| YOUTH JIU-JITSU | | | | | | | |
|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9:15 - 9:45 am | | | | | | Ages 3 to 5 | Ages 3 to 5 |
| 10:00 - 10:45 am | | | | | | Ages 6 to 8 | Ages 6 to 8 |
| 11:00 - 11:45 am | | | | | | Ages 9 to 13 | Ages 9 to 13 |
| 3:15 - 3:45 pm | Ages 3 to 5 | Ages 3 to 5 | Ages 3 to 5 | Ages 3 to 5 | Ages 3 to 5 | | |
| 4:00 - 4:45 pm | Ages 6 to 8 | Ages 6 to 8 | Ages 6 to 8 | Ages 6 to 8 | Ages 6 to 8 | | |
| 5:00 - 5:45 pm | Ages 9 to 13 | Ages 9 to 13 | Ages 9 to 13 | Ages 9 to 13 | Ages 9 to 13 | | |

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