



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	No-Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu			
7:00 - 8:00 am		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		

Renzo Gracie Jiu-Jitsu Upper West Side, 246 Columbus Ave - Subcellar, New York, NY 10023

Phone: (212) 787-3700 / E-mail: uws@renzogracieuws.com

Website: renzogracieuws.com / Instagram: [@renzogracieuws](https://www.instagram.com/renzogracieuws) / Facebook: [renzogracieuws](https://www.facebook.com/renzogracieuws)