



# RENZO GRACIE UWS SCHEDULE

ADULTS							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:30 am	Jiu-Jitsu <sup>1</sup>	No Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu			
6:30 - 6:40 am	Specific <sup>2</sup>	No Gi Specific	Specific	Specific			
6:40 - 7:00 am	Randori <sup>3</sup>	No Gi Randori	Randori	Randori			
7:00 - 7:30 am		Jiu-Jitsu		Jiu-Jitsu Flow	Jiu-Jitsu		
7:30 - 7:40 am		Specific			Specific		
7:40 - 8:00 am		Randori			Randori		
11:00 - 11:45 am		Women's Jiu-Jitsu & Self-Defense		Women's Jiu-Jitsu & Self-Defense		Women's Jiu-Jitsu & Self-Defense	
12:00 - 12:30 pm	Jiu-Jitsu Flow <sup>4</sup>	No Gi Jiu-Jitsu	Jiu-Jitsu Flow	Jiu-Jitsu Flow	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu
12:30 - 12:40 pm		No Gi Specific			Specific	Specific	
12:40 - 1:00 pm		No Gi Randori			Randori	Randori	
1:00 - 1:30 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	No Gi Jiu-Jitsu		
1:30 - 1:40 pm	Specific	Specific	Specific	Specific	No Gi Specific		
1:40 - 2:00 pm	Randori	Randori	Randori	Randori	No Gi Randori		
2:00 - 2:30 pm						No Gi Jiu-Jitsu	
2:30 - 2:40 pm						No Gi Specific	
2:40 - 3:00 pm						No Gi Randori	
6:00 - 6:30 pm	Jiu-Jitsu	Jiu-Jitsu	No Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu		
6:30 - 6:40 pm	Specific	Specific	No Gi Specific	Specific	Specific		
6:40 - 7:00 pm	Randori	Randori	No Gi Randori	Randori	Randori		
7:00 - 7:30 pm	No Gi	Jiu-Jitsu	Jiu-Jitsu	No Gi	Jiu-Jitsu		
7:30 - 7:40 pm	No Gi Specific	Specific	Specific	No Gi Specific	Specific		
7:40 - 8:00 pm	No Gi Randori	Randori	Randori	No Gi Randori	Randori		
8:00 - 8:30 pm	Jiu-Jitsu	Jiu-Jitsu Flow	Jiu-Jitsu	Jiu-Jitsu			
8:30 - 8:45 pm	Specific		Specific	Specific			

YOUTH							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 9:45 am						Youth (Ages 3 to 5)	Youth (Ages 3 to 5)
10:00 - 10:45 am						Youth (Ages 6 to 8)	Youth (Ages 6 to 8)
11:00 - 11:45 am						Youth (Ages 9 +)	Youth (Ages 9 +)
3:15 - 3:45 pm	Youth (Ages 3 to 5)	Youth (Ages 3 to 5)	Youth (Ages 3 to 5)	Youth (Ages 3 to 5)	Youth (Ages 3 to 5)		
4:00 - 4:45 pm	Youth (Ages 6 to 8)	Youth (Ages 6 to 8)	Youth (Ages 6 to 8)	Youth (Ages 6 to 8)	Youth (Ages 6 to 8)		
5:00 - 5:45 pm	Youth (Ages 9 +)	Youth (Ages 9 +)	Youth (Ages 9 +)	Youth (Ages 9 +)	Youth (Ages 9 +)		

<sup>1</sup> Students of any level are eligible to attend Jiu-Jitsu, Jiu-Jitsu No Gi and Jiu-Jitsu Flow classes.

<sup>2</sup> Students two stripes and up are eligible to attend Specific and No Gi Specific training classes.

<sup>3</sup> Students three stripes and up are eligible to attend Randori and No Gi Randori classes.

<sup>4</sup> Jiu-Jitsu Flow follows the acclaimed Ginastica Natural method

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