



RENZO GRACIE UWS 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 to 6:45 am		Jiu-Jitsu**		Jiu-Jitsu			
6:45 to 7 am		Specific***		Specific			
7 to 7:30 am		Randori****		Randori			
6:30 to 7:15 am	Jiu-Jitsu		Jiu-Jitsu		Jiu-Jitsu		
7:15 to 7:30 am	Specific		Specific		Specific		
7:30 to 8 am	Randori		Randori		Randori		
9:30 to 10:15 am			No Gi				
10:15 to 10:30 am			No Gi Specific***				
10:30 to 11 am			No Gi Randori****				
11 am to 12 pm						Jiu-Jitsu	Jiu-Jitsu
12 to 12:15 pm						Specific	Specific
12:15 to 1 pm						Randori	Randori
12 to 12:45 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu		
12:45 to 1 pm	Specific	Specific	Specific	Specific	Specific		
1 to 1:30 pm	Randori	Randori	Randori	Randori	Randori		
6 to 7 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu		
7 to 7:15	Specific	Specific	Specific	Specific	Specific		
7:15 to 7:45 pm	Randori	Randori	Randori	Randori	Randori		
7 to 7:45 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	No Gi	Jiu-Jitsu		
7:45 to 8 pm	Specific	Specific	Specific	No Gi Specific	Specific		
8 to 8:30 pm	Randori	Randori	Randori	No Gi Randori	Randori		
8 to 8:45 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu			
8:45 to 9 pm	Specific	Specific	Specific	Specific			
11 to 11:50 am		Women Self-Defense		Women Self-Defense			
12 to 12:50 pm						Women Self-Defense	
10 to 10:50 am						Youth	Youth
4 to 4:50 pm	Youth*****	Youth	Youth	Youth	Youth		
5 to 5:50 pm		Youth > 7 *****		Youth > 7			

* Effective September 3rd.

** Students of any level are eligible to attend Jiu-Jitsu and No Gi classes

*** Students must be two stripes and up to attend Specific or No Gi Specific classes

**** Students must be three stripes and up to attend Randori or No Gi Randori classes

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

***** Tuesdays and Thursdays 5 pm Youth classes are for kids ages 7 and up.

***** All types of adult classes are optional, which means that eligible students may do only Jiu-Jitsu, only Specific, only Randori, or combine the classes as they wish.