

Gracie Barra Katy

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BRAZILIAN JIU JITSU

MON.	TUES.	WED.	THU.	FRI.	SAT.	SUN.
ALL LEVELS 6:30 AM - 7:30 AM	ALL LEVELS 6:30 AM - 7:30 AM	ALL LEVELS 6:30 AM - 7:30 AM	ALL LEVELS 6:30 AM - 7:30 AM	ADVANCED FREE ROLL 4:00 PM	JUNIOR (7-13) 10:00 AM - 11:00 AM	KIDS COMPETITION CLASS 10:00 AM - 11:00 AM
ALL LEVELS 11:00 AM - 12:00 PM	NO - GI 11:00 AM - 12:00 PM	ALL LEVELS 11:00 AM - 12:00 PM	NO - GI 11:00 AM - 12:00 PM	LITTLE CHAMPS (3-6) 5:00 PM - 5:45 PM		YOUTH WRESTLING 11:00 AM - 12:00 PM
ADVANCED FREE ROLL 4:00 PM	ADVANCED JUNIORS 5:00 PM - 5:45 PM	ADVANCED FREE ROLL 4:00 PM	ADVANCED JUNIORS 5:00 PM - 5:45 PM	YOUTH WRESTLING 5:00 PM - 6:30 PM	ALL LEVELS 11:00 AM - 12:00 PM	LIVE TRAINING 11:00 AM - 1:00 PM
LITTLE CHAMPS (3-6) 5:00 PM - 5:45 PM	WRESTLING 5:30 PM - 6:30 PM	LITTLE CHAMPS (3-6) 5:00 PM - 5:45 PM	JUNIOR (7-13) 5:45 PM - 6:30 PM	ADVANCED JUNIORS 5:45 PM - 6:30 PM	LIVE TRAINING 12:00 PM - 12:30 PM	NO CLASSES
JUNIOR (7-13) 5:45 PM - 6:30 PM	JUNIOR (7-13) 5:45 PM - 6:30 PM	JUNIOR (7-13) 5:45 PM - 6:30 PM	WOMEN ONLY NO GI - ALL LEVELS 6:00 PM - 6:45 PM	DRILLS 6:00 PM - 7:00 PM		
FUNDAMENTALS 6:30 PM - 7:30 PM	ALL LEVELS NO - GI 6:30 PM - 7:30 PM	FUNDAMENTALS 6:30 PM - 7:30 PM	ADVANCED BJJ 6:30 PM - 7:30 PM	WOMEN ONLY BJJ - ALL LEVELS 12:00 PM - 1:00 PM		
LIVE TRAINING 7:30 PM - 8:00 PM	LIVE TRAINING NO - GI 7:30 PM - 8:00 PM	LIVE TRAINING NO - GI 7:30 PM - 8:00 PM	FUNDAMENTALS 7:30 PM - 8:30 PM			