



# GRACIE BARRA

## EDMONTON



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BJJ ALL LEVELS 12:10-1:10 PM	LIVE TRAINING 1:00-2:00PM	BJJ ALL LEVELS 12:10-1:10 PM	LIVE TRAINING 1:00-2:00PM	BJJ ALL LEVELS 12:10-1:10 PM	BJJ ALL LEVELS 12:10 - 1:10 PM
TC (3-4 YEARS OLD) 4:30-5:15 PM	TC (3-4 YEARS OLD) 4:30-5:15 PM	TC (3-4 YEARS OLD) 4:30-5:15 PM	TC (3-4 YEARS OLD) 4:30-5:15 PM		LIVE TRAINING 1:10-2:10 PM
CARDIO BOXING 5:30 - 6:30 PM	CARDIO BOXING 5:30 - 6:30 PM	CARDIO BOXING 5:30 - 6:30 PM	CARDIO BOXING 5:30 - 6:30 PM		
LC I 5:30-6:30 PM	LC I 5:30-6:30 PM	LC I 5:30-6:30 PM	LC I 5:30-6:30 PM	LC I COMPETITION CLASS 5:30-6:30 PM	
LC II 5:30-6:30 PM	LC II 5:30-6:30 PM	LC II 5:30-6:30 PM	LC II 5:30-6:30 PM	LC II COMPETITION CLASS 5:30-6:30 PM	
TEENS (10-15 YEARS OLD) 6:40-7:40 PM	GB 1 5:30-6:30 PM	TEENS (10-15 YEARS OLD) 6:40-7:40 PM	GB 1 5:30-6:30 PM	WOMEN'S OPEN MAT 5:30-6:30PM	
GB 1 6:40-7:40 PM	TEENS (10-15 YEARS OLD) 6:40-7:40 PM	GB 1 6:40-7:40 PM	TEENS (10-15 YEARS OLD) 6:40-7:40 PM	GB 1 6:40-7:40 PM	
GB 3 6:40-7:40 PM	GB 1 6:40-7:40 PM	GB 2 (NO GI) 6:40-7:40 PM	GB 1 6:40-7:40 PM	LIVE TRAINING 7:45-8:45 PM	SUNDAY
KICKBOXING 7:00-8:00 PM	GB 2 6:40-7:40 PM	KICKBOXING 7:00-8:00 PM	GB 2 6:40-7:40 PM	GB 2 (NO GI) 6:40-7:40 PM	BJJ LIVE TRAINING 1:30-2:30 PM
LIVE TRAINING 7:45-8:45 PM	LIVE TRAINING 7:45-8:45 PM	LIVE TRAINING 7:45-8:45 PM	LIVE TRAINING 7:45-8:45 PM	LIVE TRAINING 7:45-8:45 PM	

### DESCRIPTIONS

#### GB 2 & GB 3 IF ENROLLED

TC: 3-4 YEARS OLD BJJ	ALL LEVELS: ADULT ALL LEVELS BJJ
LC I: 5-6 YEARS OLD BJJ	GB 1: WHITE BELT AND UP
LC II: 7-9 YEARS OLD BJJ	GB 2: WHITE BELT 3 STRIPES AND UP
TEENS: 10-15 YEARS OLD BJJ	GB 3- BLUE BELT AND UP

### REMINDERS

DECEMBER 7- CLOSED (UNIFIED MMA)	DECEMBER 8- BELT PROMOTION CEREMONY
DECEMBER 8- GBK BELT TESTS	DEC 24- JAN 1- NO CLASSES