



CLASS SCHEDULE

Book your **FREE** introduction class and 10 day free trial at

www.graciejiujitsu.co.za

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am						Women Empowered REFLEX 8am-9am
9am	Women Empowered 9am-10am					Junior Grapplers 9am - 10am
10am	MC Technique & Rolling 10am - 11.30am GI	Combatives 10am-11am			Combatives 10am-11am	Combatives 10am-11am
11am						OPEN MAT 11am-12pm
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4pm		Little Champs 4.30pm-5pm		Little Champs 4.30pm-5pm		
5pm	Black Belt Club 5pm - 6pm	Junior Grapplers 5.15pm - 6pm	Fighting Fit -Ladies Only- 5pm-5.50pm	Junior Grapplers 5.15pm - 6pm	Black Belt Club 5pm - 6pm	
6pm	Combatives 6.15pm - 7pm	MC Technique & Rolling 6.15pm - 7.45pm GI	Women Empowered 6pm-7pm	MC Technique & Rolling 6.15pm - 7.45pm GI	Combatives 6.15pm - 7.15pm	
7pm	REFLEX DEVELOPMENT 7pm-7.30pm		Movement & Mobility (Yoga) - ALL grades welcome - 7.15pm - 8pm NO GI Rolling 8pm-8.30pm			MC Technique & Rolling 7.15pm - 7.45pm NO GI
8pm	MC Technique & Rolling 7.30pm - 8.45pm GI	Combatives 7.45pm - 8.45pm		Combatives 7.45pm - 8.45pm		
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	Little Champs 4-7years old	Black Belt Club (by invitation only)	Women Empowered Ladies only self defence classes 12years and up	Combatives Adult Beginners	MC - (Master Cycle) Adult Advanced Class	REFLEX DEVELOPMENT For White Belt 2 Stripe & Above
	Junior Grapplers 8-13years old					