GRACIE JIU-JITSU ST. GEORGE

WEEKLY CLASS SCHEDULE

www.GracieStGeorge.com
(435) 632-6491

MONDAY

11:00 AM to 12:00 PM
Gracie Combatives/ Master Cycle
COMING SOON!
All levels, day class

4:15 PM to 5:00 PM
Little Champs
Ages 4 to 6

5:10 PM to 6:10 PM
Black Belt Club
Advanced Junior Grapplers

6:15 PM to 7:15 PM
Gracie Combatives/ Gracie Teens

7:15 PM to 7:45 PM
Reflex Development/ Sparring
2 stripes and up

7:45 PM to 8:45 PM
Master Cycle
3 stripes and up

TUESDAY

11:00 AM to 12:00 PM
GracieCombatives/ Master Cycle
COMING SOON!
All levels, day class

4:15 PM to 5:00 PM
Little Champs
Ages 4 to 6

5:10 PM to 6:10 PM
Junior Grapplers
Ages 7 to 12

6:15 PM to 7:15 PM
Master Cycle/ Black Belt Club+
3 stripes and up

7:15 PM to 7:45 PM
Sparring
3 stripes and up

7:45 PM to 8:45 PM
Gracie Combatives

WEDNESDAY

11:00 AM to 12:00 PM
Gracie Combatives/ Master Cycle
COMING SOON!
All levels, day class

4:15 PM to 5:00 PM
Little Champs
Ages 4 to 6

5:10 PM to 6:10 PM
Black Belt Club
Advanced Junior Grapplers

6:15 PM to 7:15 PM
Gracie Combatives/ Gracie Teens

7:15 PM to 7:45 PM
Reflex Development/ Sparring
2 stripes and up

7:45 PM to 8:45 PM
Master Cycle
3 stripes and up

THURSDAY

11:00 AM to 12:00 PM
Gracie Combatives/ Master Cycle
COMING SOON!
All levels, day class

4:15 PM to 5:00 PM
Little Champs
Ages 4 to 6

5:10 PM to 6:10 PM
Junior Grapplers
Ages 7 to 12

6:15 PM to 7:15 PM
Master Cycle/ Black Belt Club+
3 stripes and up

7:15 PM to 7:45 PM
Sparring
3 stripes and up

7:45 PM to 8:45 PM
Women Empowered

FRIDAY

No classes

SATURDAY

9:00 AM to 10:00 AM
Junior Grapplers
Ages 7 to 12

10:00 AM to 11:00 AM
Women Empowered

11:00 AM to 12:00 PM
Gracie Combatives/ Gracie Teens

12:00 PM to 12:30 PM
Reflex Development/ Sparring
2 stripes and up

EFFECTIVE:
November 30th, 2026

REFLEX DEVELOPMENT / SPARRING
Monday to Thursday 7:15 to 7:45 PM
Saturday 11:45 AM to 12:15 PM

PROGRAM PROGRESSION GUIDE
(White Belt) 0 to 1 Stripe: Gracie Combatives
(White Belt) 2 Stripes: Reflex Development/Sparring
(White Belt) 3 Stripes: Master Cycle