



GRACIE JIU-JITSU
ST. GEORGE

WEEKLY CLASS SCHEDULE

435.632.6491

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PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 GRACIE COMBATIVES	5:30 pm - 6:45 pm	8:00 pm - 9:15 pm	6:45 pm - 8:00 pm	8:00 pm - 9:15 pm		10:15 am - 11:30 am
 REFLEX DEVELOPMENT					5:30 pm - 6:30 pm	
 MASTER CYCLE	7:00 pm - 8:30 pm	6:30 pm - 8:00 pm	8:00 pm - 9:15 pm	6:30 pm - 8:00 pm		8:00 am - 8:45 am
 MASTER CYCLE Fundamentals					6:30 pm - 7:45 pm	
 WOMEN EMPOWERED			5:30 pm - 6:45 pm			9:00 am - 10:15 am
 Gracie BULLYPROOF Little Champs (Ages 5-7)	4:15 pm - 5:15 pm		4:15 pm - 5:15 pm			
 Gracie BULLYPROOF Junior Grapplers (Ages 8-13)		4:15 pm - 5:15 pm		4:15 pm - 5:15 pm		
 GRACIE BLACK BELT CLUB		5:30 pm - 6:30 pm		5:30 pm - 6:30 pm		