



GRACIE JIU-JITSU[®]

GALLOWAY

SCHEDULE



MONDAY	TUESDAY	WEDNESDAY
<p>5:15pm - 6pm: Jr. Grapplers (Ages 9-12)</p> <p>6:15pm - 7:15pm: Gracie Combatives</p> <p>7:30pm - 8:30pm: Wrestling (All Levels)</p>	<p>6:15am - 7:15am: Gracie Combatives</p> <p>4:30pm - 5:15pm: Little Champs (Ages 5-8)</p> <p>5:15pm - 6pm: Jr. Grapplers (Ages 9-12)</p> <p>6:15pm - 7:15pm: Gracie Combatives</p> <p>7:30pm - 8:30pm: Competition Class (NoGI)</p>	<p>6:15pm - 7:15pm: Master Cycle (Gi)</p> <p>7:15pm - 8:15pm: Open Mat</p>
THURSDAY	FRIDAY	SATURDAY
<p>6:15am - 7:15am: Reflex Development</p> <p>4:30pm - 5:15pm: Little Champs (Ages 5-7)</p> <p>5:15pm - 6pm: Jr. Grapplers (Ages 9-12)</p> <p>6:15pm - 7:15pm: Gracie Combatives</p> <p>7:30pm - 8:30pm: Master Cycle (Gi)</p>	<p>6:15am - 7:15am: Gracie Combatives</p> <p>11:15am - 12:15pm: Master Cycle (NoGi)</p> <p>6:15pm - 7:15pm: Gracie Combatives</p>	<p>9am - 9:45am: Little Champs (Ages 5-8)</p> <p>10am - 11am: Master Cycle (NoGi)</p> <p>11am - 12pm: Open Mat</p>

Gracie Combatives - Beginner (Gi)

Reflex Development - Beginner (Gi)

*MUST QUALIFY/have 2+ stripes to attend

Little Champs - Kids (Ages 5-8)

Jr. Grapplers - Kids (Ages 9-12)

Black Belt Club - Kids (Advanced)

MUST meet age & belt requirements to attend

At least 9 years old & Gray Belt

Wrestling - ALL LEVELS

Master Cycle/Competition Class/Open Mat - Advanced (Gi/NoGi)

MUST be at least Blue Belt /or Combatives Belt or higher to attend

ALL SCHOOLS WELCOME

Available for private sessions 7 days a week! DM us on Instagram @taphouse_jiujitsu or email us info@taphousebjj.com to schedule sessions!