



TRAINING SCHEDULE

GRACIE BARRA SINGAPORE

37 Middle Road #04-00 | graciebarra.com.sg

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30AM - 8.30AM	BJJ ALL LEVELS		BJJ ALL LEVELS		BJJ ALL LEVELS
8.30AM - 10.00AM					
10.00AM - 11.00AM		BJJ ALL LEVELS		BJJ ALL LEVELS	
11.00AM - 12.00PM					
12.00PM - 1.00PM		BJJ BASIC		BJJ BASIC	
1.00PM - 2.00PM	BJJ ALL LEVELS		BJJ ALL LEVELS		BJJ ALL LEVELS
2.00PM - 4.00PM					
4.00PM - 5.00PM		BJJ TODDLERS (AGES 2 - 4)			
5.00PM - 6.00PM	BJJ KIDS (AGES 4 - 12)		BJJ KIDS (AGES 4 - 12)	BJJ KIDS ADVANCED (AGES 4 - 12)	BJJ KIDS (AGES 4 - 12)
6.15PM - 7.15PM	BJJ ALL LEVELS	BJJ BASIC	BJJ NO GI	BJJ BASIC	BJJ ALL LEVELS
7.30PM - 8.30PM	BJJ NO GI	BJJ COMPETITION	BJJ BASIC	BJJ COMPETITION	BJJ NO GI
8.45PM - 9.45PM		BJJ NO GI	YOGA FOR BJJ	BJJ NO GI	
DAY / TIME	10.00AM - 11.00AM	11.15AM - 12.15PM	12.30PM - 1.30PM		
SATURDAY	BJJ KIDS (AGES 4 - 12)	BJJ BASIC	BJJ ALL LEVELS		
SUNDAY		BJJ ALL LEVELS	BJJ NO GI		