



# TRAINING SCHEDULE

## GRACIE BARRA SINGAPORE

37 Middle Road #04-00 | [graciebarra.com.sg](http://graciebarra.com.sg)

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
7.30AM - 8.30AM	BJJ ALL LEVELS	BJJ BASIC	BJJ ALL LEVELS		BJJ BASIC	BJJ ALL LEVELS
8.30AM - 12.00PM						
12.00PM - 1.00PM		BJJ ALL LEVELS			BJJ ALL LEVELS	
1.00PM - 2.00PM	BJJ BASIC		BJJ BASIC			BJJ NO GI
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 WOMEN	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			