



TRAINING SCHEDULE

GRACIE BARRA SINGAPORE

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

| TIME / DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---------------------------|------------------------------|---------------------------|------------------------------------|---------------------------|
| 7.00AM - 8.00AM | BJJ ALL LEVELS | BJJ BASIC | BJJ ALL LEVELS | BJJ BASIC | BJJ ALL LEVELS |
| 8.00AM - 12.15PM | | | | | |
| 12.15PM - 1.15PM | BJJ BASIC | BJJ ALL LEVELS | BJJ BASIC | BJJ ALL LEVELS | BJJ NO GI (ALL LEVELS) |
| 1.15PM - 4.30PM | | | | | |
| 4.30PM - 5.30PM | | BJJ TODDLERS (AGES 2 - 4) | | | |
| 5.00PM - 6.00PM | BJJ KIDS (AGES 4 - 12) | BJJ TEENS | 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 (ALL LEVELS) | BJJ BASIC | BJJ ALL LEVELS |
| 6.30PM - 7.30PM | | | BJJ WOMEN | | BJJ WOMEN |
| 7.30PM - 8.30PM | BJJ BASIC | BJJ ALL LEVELS | BJJ BASIC | BJJ ALL LEVELS | BJJ BASIC |
| 8.30PM - 9.30PM | | BJJ COMPETITION | | BJJ COMPETITION | |
| 8.45PM - 9.45PM | | | YOGA FOR BJJ | | |
| 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 KIDS (AGES 4 - 12) | BJJ WOMEN | BJJ ALL LEVELS | BJJ NO GI (BASIC) | |