



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
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)