



# TRAINING SCHEDULE

GRACIE BARRA SINGAPORE

42B Hong Kong Street | [graciebarra.com.sg](http://graciebarra.com.sg)

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00AM - 8.00AM	ALL LEVELS		ALL LEVELS		ALL LEVELS	
7.30AM - 8.30AM		ALL LEVELS		ALL LEVELS		
9.00AM - 10AM						KIDS (8-12 YEARS) COMING SOON
10.00AM - 11.00AM						KIDS
11.00AM - 12.00PM						COMPETITION
12.00PM - 1.00PM	BASIC	INTERMEDIATE	BASIC	INTERMEDIATE	BASIC	ALL LEVELS
1.00PM - 2.00PM	INTERMEDIATE	BASIC	INTERMEDIATE	BASIC	INTERMEDIATE	NO GI (ALL LEVELS)
2.00PM - 2.30PM						SPARRING GI/NO GI
5.00PM - 6.00PM	KIDS	KIDS (8-12 YEARS) COMING SOON	KIDS	KIDS (8-12 YEARS) COMING SOON	KIDS	
6.00PM - 7.00PM	ALL LEVELS	COMPETITION	BASIC	COMPETITION	ALL LEVELS	
7.00PM - 8.00PM	COMPETITION	ALL LEVELS	COMPETITION	ALL LEVELS	COMPETITION	
8.00PM - 9.00PM	BASIC		NO GI (ALL LEVELS)		BASIC	