



TRAINING SCHEDULE

GRACIE BARRA SINGAPORE

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

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00AM - 8.00AM	ALL LEVELS		ALL LEVELS		ALL LEVELS
7.30AM - 8.30AM		ALL LEVELS		ALL LEVELS	
8.30AM - 12.00PM					
12.00PM - 1.00PM	BASIC	INTERMEDIATE	BASIC	INTERMEDIATE	BASIC
1.15PM - 2.15PM	INTERMEDIATE	BASIC	INTERMEDIATE	BASIC	INTERMEDIATE
2.30PM - 4.00PM	BLACK BELT		BLACK BELT		BLACK BELT
4.00PM - 5.00PM					
5.00PM - 6.00PM	KIDS		KIDS	KIDS COMPETITION	KIDS
6.10PM - 7.10PM	BASIC COMP	ALL LEVELS	BASIC NO GI	ALL LEVELS	BASIC COMP
7.20PM - 8.20PM	ALL LEVELS	COMPETITION	COMPETITION	COMPETITION	ALL LEVELS
8.30PM - 9.30PM	NO GI		YOGA FOR BJJ (45MIN)		NO GI
DAY / TIME	10.00AM - 11.00AM	11.10AM - 12.10PM	12.20PM - 1.20PM	1.30PM - 2.30PM	2.30PM - 3.30PM
SATURDAY	KIDS	ALL LEVELS	COMPETITION	NO GI	
SUNDAY			BASIC	OPEN MAT	OPEN MAT