



**RENZO
GRACIE**
JIU-JITSU
NEW YORK CITY

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2019 ACADEMY SCHEDULE

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00 AM		MuayThai All		MuayThai All		
7:00 - 8:00 AM	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	
7:00 - 8:30AM	BJJ ADV.	BJJ ADV.	BJJ ADV.	BJJ ADV.	BJJ ADV.	
7:30 - 8:30AM	NOGI		NOGI		NOGI	
9:30 - 10:30AM						* Women's BJJ *
10:00 - 11:00AM		COMP. TEAM BLUE-BLACK BELT		COMP. TEAM BLUE-BLACK BELT		Muay Thai KIDS
10AM- 10:30AM						BJJ INTRO
10:45 -11:45AM						BJJ BEG.
11:00 - 12:00PM						BJJ KIDS NOGI
11:00 - 12:00PM						MuayThai All
11:45 - 1:15PM						NOGI
AFTERNOON						
12:00PM-1:00PM	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	
12:00PM-1:30PM	NOGI	BJJ ADV.	BJJ ADV.	BJJ ADV.	BJJ ADV.	
12:00PM-1:00 PM	Muay Thai All	MuayThai Beg.	MuayThai Adv.	MuayThai Beg.	Muay Thai All	
EVENING						
4:15 - 5:00PM	Muay Thai KIDS		Muay Thai KIDS			
5:00 - 5:45PM	BJJ KIDS	BJJ KIDS	BJJ KIDS NOGI	BJJ KIDS	BJJ KIDS	
6:00PM- 6:30PM	BJJ INTRO	BJJ INTRO	BJJ INTRO	BJJ INTRO	BJJ INTRO	
6:00 - 7:00PM	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	
6:00 - 7:30PM	BJJ ADV.	BLACK B	BJJ ADV.	BJJ ADV.	NOGI	
6:00PM-7:00PM	MuayThai Beg.	MuayThai Adv.	MuayThai Beg.	MuayThai Adv.	MuayThai Beg.	
7:00 - 8:00PM	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	
7:00PM-8:00PM	MuayThai Elite	MuayThai Beg.	MuayThai Elite	MuayThai Beg.	MuayThai Elite	
7:30 - 9:00PM	BJJ ADV.	BJJ ADV.	NOGI	BJJ ADV.	BJJ ADV.	
8:00 - 9:00PM	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	BJJ BEG.	

BJJ BEG.= Students with rank of White Belt

BJJ ADV. = Students with rank of Blue Belt and Above

BLACK B= Students with rank of Purple Belt and Above

WOMENS BJJ= All Levels. There is a Minimum Donation of \$5 to help cover travel expenses for visiting Instructor.

**"Comp. Team" = THIS CLASS IS RESERVED FOR STUDENTS OF THE RENZO GRACIE ACADEMY AND AFFILIATES ONLY!

HEAD PROFESSOR: RENZO GRACIE