

ABOUT OUR CLASSES

Take a look at our different types of classes below to gain a better understanding of what they bring and how you can benefit from them.

- GB1: Jiu-Jitsu Fundamentals and Self-Defense for All Levels.
 - GB2: Advanced *Adults White belt 3 Stripes up.
 - EQUIPE GB Competition Training: Athletes and Instructors. Invitation only.
 - Tiny Champions: Kids 3 and 4 years Old
 - Little Champions I: Kids 6 and 6 years old.
 - Little Champions II: Kids 7 years old to 14 years old.
 - BarraFit Performance: A series of high intensity circuit interval training workouts built on functional movements inspired by Brazilian Jiu-Jitsu. This fast-paced 45 minute classes use functional and metabolic exercises to bring students' physical fitness levels to the level of world class Jiu-Jitsu athletes.
 - BarraFIT Combat is a series of intense workouts inspired by Brazilian Jiu-Jitsu, Self-Defense, and Martial Arts. This high-energy 60 minutes class is designed to challenge students through a combination of aerobic and anaerobic moves, as well as combat simulation drills, that bring students together as a team to help each individual achieve his or her personal best.
- ✓ The schedule is dynamic and is improved every season (Summer, Fall, Winter, and Spring).
 - ✓ Private classes with your preferred instructor can be scheduled during the morning and other times depending on the instructors availability. Talk to any team member to schedule yours.

*Proper membership required.



ABOUT JIU-JITSU AND GRACIE BARRA

Gracie Barra promotes a lifestyle of balance, friendship and commitment to personal growth through martial arts.

Founded in 1986 by Master Carlos Gracie Jr., our organization is the leader in professional Jiu-Jitsu instruction with over 500 schools world-wide and the most accomplished team of athletes in the history of our sport.

We believe Jiu-Jitsu teaches much more than chokes and armlocks. Our programs focus on creating a safe environment where students are challenged to grow on all aspects of their lives.

GB North Phoenix

Ph: (480) 887-8673

e-mail: info@gbnorthphoenix.com

1 East Deer Valley Rd. 208

Phoenix, AZ 85027

gbnorthphoenix.com

"There is no Losing in Jiu-Jitsu. You Either Win or You Learn"

- Master Carlos Gracie Jr.

Class Schedule



WINTER 2018 Class Schedule

SCHEDULE SUBJECT TO CHANGES



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
BJJ Mats	BarraFit Mats	BJJ Mats	BarraFit Mats	BJJ Mats	BarraFit Mats	BJJ Mats	BarraFit Mats	BJJ Mats	BarraFit Mats	BJJ Mats	BarraFit Mats	BJJ Mats	BarraFit Mats
			BarraFit PERFORMANCE 6.00a to 6:45a	GB1 Fundamentals 6.00a to 7.00a			BarraFit COMBAT 6.00a to 6.45a	GB1 Fundamentals 6.00a to					
				30mins Live Training				30mins Live Training					BarraFit PERFORMANCE 8.00a to 8.45a
												Parents & Kids 9am to 10am	
												GB1 10am to 11am	
												30mins Live Training	
		GB1 12pm to 1pm				GB1 12pm to 1pm							
		30mins Live Training				30mins Live Training							
		GBK - LC2 (7 to 13 yrs) 4:00pm to 4:50pm		GBK - LC1 (3 - 6yrs) 4.00p - 4.50p		GBK - LC2 (7 to 13 yrs) 4:00pm to 4:50pm		GBK - LC1 (3 - 6yrs) 4.00p - 4.50p					
		GBK - LC1 (3 - 6yrs) 5.00 - 5.50p		GBK - LC2 (7 to 13 yrs) 5.00pm to 5.50pm	BarraFit COMBAT 5.00 to 5.45	GBK - LC1 (3 - 6yrs) 5.00 - 5.50p		GBK - LC2 (7 to 13 yrs) 5.00pm to 5.50pm	BarraFit PERFORMANCE 5.00 to 5.45				
		GB2 Advanced 6.00pm to 7.00pm	GBK - Jrs & Teens (10 to 14 yrs) 6.00pm to 7.00pm	GB1 All Levels 6pm to 7pm	GB1 Women BJJ 6pm to 7pm	GB2 Advanced 6.00pm to 7.00pm	GBK - Jrs & Teens (10 to 14 yrs) 6.00pm to 7.00pm	GB1 All Levels 6pm to 7pm	GB1 Women BJJ 6pm to 7pm				
		GB1 Fundamentals 7pm to 8pm		30mins Live Training		GB1 Fundamentals 7pm to 8pm		30mins Live Training					