

START TIME

8:00 AM

TIME BLOCKS

1h

Gracie BarraColumbus Schedule

2018



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM							
9:00 AM		Adult Fundamental Jiu-Jitsu	Adult Fundamental Jiu-Jitsu	Adult Fundamental Jiu-Jitsu	Adult Fundamental Jiu-Jitsu		
10:00 AM						Adult NO GI Jiu Jitsu	Kids NO GI (Age 6-8) 10:30-11:30 ^{am}
11:00 AM	Adult Open Mat BJJ		Adult Fundamental Jiu-Jitsu 11:30-1230		Adult Fundamental Jiu-Jitsu 11:30-1230		Adult NO GI Jiu Jitsu 11:30 - 1:00
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			Tiny Champions (ages 4-6) 4:15 - 5 pm		Tiny Champions (ages 4-6) 4:15 - 5 pm		
5:00 PM	Future Champions 1 (ages 6-8) 5:15 Pre Teens (ages 12-14) 5:15	Future Champions 2 (Ages 8-11)	Future Champions 1 (ages 6-8) 5:15 Pre Teens (ages 12-14) 5:15		Future Champions 2 (Ages 8-11)	Kids/Pre Teens NO GI Ages (8-14) 5:15 - 6:15	
6:00 PM	Adult Jiu-Jitsu All Levels 6:15-7:30 Teens Jiu Jitsu Ages (12-15) 6:15	Adult Jiu-Jitsu All Levels 6:15 - 7:30 pm Teens Jiu Jitsu Ages (12-15) 6:15	Adult Jiu-Jitsu All Levels 6:15-7:30 Teens Jiu Jitsu Ages (12-15) 6:15	Adult Jiu-Jitsu All Levels 6:15-7:30	Adult Jiu Jitsu All Levels 6:15 - 7:30 pm	Adult Jiu Jitsu All Levels 6:15 - 7:30 pm	
7:00 PM		LIVE SPARRING	LIVE SPARRING	LIVE SPARRING	LIVE SPARRING	LIVE SPARRING	
8:00 PM		MORE LIVE SPARRING		MORE LIVE SPARRING		MORE LIVE SPARRING	