

ROLLES

BRAZILIAN JIU-JITSU ACADEMY



GRACIE

OLD BRIDGE, NEW JERSEY

TEACHING THE ART OF SELF CONFIDENCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00 AM		ALL LEVELS		ALL LEVELS		
10:00 - 10:45 AM						Lions Club
10:45 - 11:30 AM						Young Lions
11:30 - 12:30						ALL LEVELS
12:00 - 1:00 PM	ALL LEVELS	KICKBOXING	ALL LEVELS	KICKBOXING	ALL LEVELS	
12:30 - 1:30 PM						
4:30 - 5:15PM	Lions Club	Lions Club	Lions Club	Lions Club	Lions Club	
5:15 - 6:00 PM	Young Lions	Young Lions	Young Lions	Young Lions	Young Lions	
6:00 - 7:00 PM	BLACK B	BLUE B	NO-GI	BLUE B	KICKBOXING	
7:00 - 8:00 PM	BLUE B	BLACK B	BLUE B	BLACK B	BLUE B	
8:00 -8:30 PM	KICKBOXING	RANDORI	KICKBOXING	RANDORI	NO-GI	

BLUE B	Fundamentals Program
BLACK B	Advanced Program. Requires at least 3 stripes on White Belt
ALL LEVELS	Combined BJJ
NO-GI	Submission Grappling without gi. Requires at least 3 stripes on White Belt
Lions Club	Kids 5- 8 Years Old
Young Lions	Kids 9-12 Years Old
Kickboxing	Muay Thai boxing with stand up striking and kicking techniques, high energy