

DAILY SCHEDULE

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00am	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie jiu-jitsu kids all	Gracie Jiu-jitsu Adults
11:00-noon AM	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults	Gracie Jiu-jitsu Adults		
2:00-3:00 PM						Gracie Jiu-jitsu Adults	
3:30pm-4:00pm	Lil Ninja Anti-Bullying Ages 3-4	Lil Ninja Anti-Bullying Ages 3-4	Lil Ninja Anti-Bullying Ages 3-4	Lil Ninja Anti-Bullying Ages 3-4			
4:00-4:30PM	Ninjas Anti-Bullying Ages 5-6	Ninjas Anti-Bullying Ages 5-6	Ninjas Samurai Anti-Bullying Ages 5-6	Ninjas Anti-Bullying Ages 5-6			
4:30-5:00PM	Ninja Warriors Anti-Bullying Ages 7-9	Ninja Warriors Anti-Bullying Ages 7-9	Ninja Warriors Anti-Bullying Ages 7-9	Ninja Warriors Anti-Bullying Ages 7-9	Gracie Jiu-jitsu Kids (3-9)		
5:00-6:00pm	Kids 10+ and Adult Mixed Gracie Jiu-jitsu	Kids 10+ and Adult Mixed Gracie Jiu-jitsu	Kids 10+ and Adult Mixed Gracie Jiu-jitsu	Kids 10+ and Adult Mixed Gracie Jiu-jitsu	Kids 10+ and Adult Mixed Gracie Jiu-jitsu		
6:00-7:00pm	Adult Gracie Jiu-jitsu	Adult Gracie Jiu-jitsu	Adult Gracie Jiu-jitsu	Adult Gracie Jiu-jitsu	Adult Gracie Jiu-jitsu		
7:00-8:00pm	Adult Gracie Jiu-jitsu	Kickboxing/ Muay Thai	Adult Gracie Jiu-jitsu	Kickboxing/ Muay Thai	Kickboxing/ Muay Thai		