

Gracie Barra Boston Schedule





ABOUT OUR CLASSES

Fundamentals: Adult any belt

All Levels: Adult any belt

Advanced: Adult white belt 3 stripes and up

Live Training: Adult white belt 3 stripes and up

Competition: Adult blue belts and up

Kids: Kids ages 4 and up

LC1- Kids 4-6

LC2- Kids 7 and up

Our schedule is dynamic and will be periodically

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6 - 7am		6 - 7am		
and seminary		All Levels		All Levels		
						11-12pm
İ						All Kids
	12 - 1pm	12-1pm	12 - 1pm	12-1pm	12 - 1pm	12 - 1pm
	All Levels	No-Gi	All Levels	No-Gi	All Levels	All
	GI	All Levels	GI	All Levels		Levels
1 - 3pm	1-130 LT	1-130 LT	1-130 LT	1-130 LT	1-130 LT	1 - 2pm
Open						Open
Mat						Mat
I .		4:10 - 5pm		4:10 - 5pm		
		LC2		LC2		
		5-550pm		5 – 5:50pm	5 – 5:50pm	
		LC1		LC1	Womens	
					Open Mat	
i	6 - 7pm	6 - 7pm	6 - 7 pm	6 - 7pm	6 - 7 pm	
	Fundamentals	Fundamentals	No-Gi	Fundamentals	No-Gi	
	GB1	GB1	All Levels	GB1	All Levels	
	7 - 8pm	7 - 8pm	7 - 8pm	7 - 8pm	7 - 8pm	
	GB2/GB3	GB2/GB3	LT	GB2 Specifics	LT	
Anger To Samuel State	8 - 830pm	8 - 830pm		8 - 830pm	истанаринарично-жу принципа Да принципанарично-жу принципа	an iyan barsa e me antibersa barbar
L	Live Training	Live Training		Live Training		1