



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6 - 7am All Levels		6 - 7am All Levels		
						11-12pm All Kids
	12 - 1pm All Levels GI	12-1pm No-Gi All Levels	12 - 1pm All Levels GI	12-1pm No-Gi All Levels	12 - 1pm All Levels	12 - 1pm All Levels
1 - 3pm Open Mat	1-130 LT	1-130 LT	1-130 LT	1-130 LT	1-130 LT	1 - 2pm Open Mat
		4:10 - 5pm LC2		4:10 - 5pm LC2		
		5-550pm LC1		5 - 5:50pm LC1	5 - 5:50pm Womens Open Mat	
	6 - 7pm Fundamentals GB1	6 - 7pm Fundamentals GB1	6 - 7 pm No-Gi All Levels	6 - 7pm Fundamentals GB1	6 - 7 pm No-Gi All Levels	
	7 - 8pm GB2/GB3	7 - 8pm GB2/GB3	7 - 8pm LT	7 - 8pm GB2 Specifics	7 - 8pm LT	
	8 - 830pm Live Training	8 - 830pm Live Training		8 - 830pm Live Training		

Our schedule is dynamic and will be periodically