



# GRACIE BARRA CEDAR PARK - ADULTS

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6 AM</b>	BJJ All Levels		BJJ All Levels			11 AM to 12 PM BJJ All Levels Live Trainig (30 Min)	2 PM to 3 PM BJJ All Levels
<b>8 AM</b>	Private Class	BJJ All Levels	Private Class	BJJ All Levels	Private Class		
<b>11 AM</b>		Woman Only BJJ		Woman Only BJJ		<b>LEGEND</b>	
<b>12 PM</b>	No-Gi All Levels	BJJ All Levels	No-Gi All Levels	BJJ All Levels		GB 1 - Fundamentals (All Levels)	
<b>6 PM</b>	<b>GB 1</b>		<b>GB 1</b>		Woman Only BJJ	GB 2 - ADVANCED (3 Stripes &U p)	
<b>7 PM</b>	<b>GB 3</b>	BJJ All Levels + Live Trainig	<b>GB 3</b>	BJJ All Levels + Live Trainig		GB 3 - Black Belt (Blue Belt & Up)	
						No-Gi - All Levels	
						Woman Only BJJ	
						Live Trainig (+ 30 Min)	

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# GRACIE BARRA CEDAR PARK - KIDS

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>10 AM TO 10:50 AM</b>		Tiny Champions		Tiny Champions		Little Champions 2	RESERVED FOR BIRTHDAY PARTIES
<b>10 AM TO 10:50 AM</b>		Little Champions 1		Little Champions 1		Teens Young Adults	
<b>4:15 PM TO 5:05 PM</b>	Private Class	Tiny Champions	Private Class	Tiny Champions	Private Class	RESERVED FOR BIRTHDAY PARTIES	
<b>5 PM TO 5:50 PM</b>	Little Champions 2 Mat 1	Little Champions 1 Mat 1	Little Champions 2 Mat 1	Little Champions 1 Mat 1	5 pm to 6:30 PM Kids Competition Camp	<b>LEGEND</b>	
<b>5 PM TO 5:50 PM</b>	Little Champions 1 Mat 2	Little Champions 2 Mat 2	Little Champions 1 Mat 2	Little Champions 2 Mat 2		TINY CHAMPIONS (2-4 Y/O)	
<b>6 PM TO 6:50 PM</b>	Kids Advanced	Teens Advanced Mat 2	Kids Advanced	Teens Advanced Mat 2		LITTLE CHAMPIONS 1 (5-6 Y/O)	
<b>6 PM TO 6:50 PM</b>		Teens Mat 1		Teens Mat 1		LITTLE CHAMPIONS 2 (7-9 Y/O)	
<b>7 PM TO 7:50 PM</b>		Young Adults		Young Adults		TEENS (10-13 Y/O)	
						YOUNG ADULTS (14-16 Y/O)	
						ADVANCED & COMPETITION CAMP (INVITE ONLY)	
						BIRTHDAY PARTIES	

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