



## GRACIE BARRA PEARLAND

*"Organized like a team, fighting like a Family"*  
Brazilian Jiu-Jitsu - Mixed Martial Arts - Self Defense



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
6:30 am		ADULTS		ADULTS		9:00 am	WOMEN'S SELF-DEFENSE
11:00 am	ADULTS	ADULTS	ADULTS	ADULTS	YOGA for BJJ	10:00 am	KIDS I KIDS II
4:00 pm	KIDS I		KIDS I			11:00 am	TEENS/JUNIORS
5:00 pm	KIDS II	KIDS I	KIDS II	KIDS I		12:00 pm	ADULTS
6:00 pm	TEENS/JUNIORS	KIDS II	TEENS/JUNIORS	KIDS II	KIDS II JUNIORS		
7:00 pm	ADULTS	ADULTS	ADULTS	ADULTS	ADULTS		
8:00 pm	NO GI/MMA	ADULTS	NO GI/MMA	ADULTS			

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