

GLKN

JIU-JITSU

v. 8/1/2023

Monday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	POP-UP CLASSES (SEE COMMUNICATIONS)
6a - 6:45a	1:1 PRIVATE TRAINING AVAILABLE 7-3PM	ADULTS NOGI-ALL LEVELS	
7a - 7:30a			
12p-12:45p		ADULTS NOGI- ALL LEVELS	
4:30p-5:20p		KIDS NOGI (4-7)	
5:20p-6:10p		KIDS NOGI (8-11)	
6:10p - 7p	BJJ SOLO/PARTNER DRILLING	TEEN NOGI (12-15)	
7p - 8:30p		ADULTS NOGI- ALL LEVELS	
Tuesday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	POP-UP CLASSES (SEE COMMUNICATIONS)
4:30p-5:20p		KIDS GI (4-7)	
5:20p-6:10p	BJJ SOLO/PARTNER DRILLING	KIDS GI (8-11)	
6:10p - 7p	BJJ FUNDAMENTALS- GI	TEEN GI (12-15)	
7p - 8:30p		ADULTS GI- ALL LEVELS	
Wednesday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	POP-UP CLASSES (SEE COMMUNICATIONS)
6a-6:45a	1:1 PRIVATE TRAINING AVAILABLE 7-3PM	ADULTS GI- ALL LEVELS	
12p-12:45p		ADULTS GI- ALL LEVELS	
4:30p-5:20p		KIDS GI (4-7)	
5:20p-6:10p		KIDS GI (8-11)	
6:10p - 7p		TEEN GI (12-15)	
Thursday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	POP-UP CLASSES (SEE COMMUNICATIONS)
4:30p-5:20p		KIDS NOGI (4-7)	
5:20p-6:10p	BJJ SOLO/PARTNER DRILLING	KIDS NOGI (8-11)	
6:10p - 7p	BJJ FUNDAMENTALS- NOGI	TEEN NOGI (12-15)	
7p-8:30p		ADULTS NOGI- ALL LEVELS	
Friday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	POP-UP CLASSES (SEE COMMUNICATIONS)
6a - 6:45am		GI/NOGI- ALL LEVELS	
5p-6pm		BOXING/KICKBOXING (8-15 Yrs)	
6-7pm		BOXING/KICKBOXING (ADULTS)	
Saturday			
TIME	MAT A- (Front Mat)	MAT B (Back Mat)	POP-UP CLASSES (SEE COMMUNICATIONS)
8a-8:30a			COLD PLUNGE
8-9:30a			MASSAGE BY ERIN (EVERY 2 WEEKS 9a-12p)
9:15a-10:15a		KIDS GI (4-7)	
10:15a - 11:15a		KIDS GI (8-11)	
11:15a-12:15p	BJJ SOLO/PARTNER DRILLING	TEEN GI (12-15)	
12:15p-2p		ADULTS GI- ALL LEVELS	

GRACIE LKN UNIFORM REQUIRED

- Adult- 16+ yrs
- Kids- 4 to 11 yrs
- Teen- 12 to 15 yrs
- 1:1 & Group Private Training 7a-12p

SCHEDULE 1:1 TRAINING

