



CARLSON GRACIE CARROLLTON CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
										10:00AM KIDS ALL AGES	
12:00PM FUNDAMENTALS BJJ ALL LEVELS		12:00PM FUNDAMENTALS BJJ ALL LEVELS		12:00PM FUNDAMENTALS BJJ NO-GI ALL LEVELS		12:00PM FUNDAMENTALS BJJ ALL LEVELS		12:00PM FUNDAMENTALS BJJ ALL LEVELS		11:00AM OPEN MAT ALL LEVELS	
5:00PM KIDS 3-6		5:30PM KIDS 7-12		5:00PM KIDS 3-6		5:30PM KIDS 7-12					
5:45PM KIDS 7-12	5:45PM FITNESS CLASS	6:30PM ADVANCED BJJ ADULT	5:45PM FITNESS CLASS	5:45PM KIDS NO-GI 7-12	5:45PM FITNESS CLASS	6:30PM ADVANCED BJJ ADULT	5:45PM FITNESS CLASS	6:00PM FUNDAMENTALS BJJ ALL LEVELS			
6:30PM FUNDAMENTALS BJJ ALL LEVELS		7:30PM FUNDAMENTALS BJJ ALL LEVELS		6:30PM FUNDAMENTALS BJJ NO-GI ALL LEVELS		7:30PM FUNDAMENTALS BJJ ALL LEVELS					



NEW LOCATION CLASS SCHEDULE



Monday

6:30 AM - 7:30 AM	BJJ All Levels
12:00 PM - 1:00 PM	BJJ All Levels
4:30 PM - 5:15 PM	BJJ Kids 3-6yo
5:15 PM - 6:00 PM	BJJ Youth 7-12yo
6:00 PM - 7:00 PM	BJJ Women's Only
7:00 PM - 8:00 PM	BJJ All Levels
8:00 PM - 9:00 PM	Muay-Thai All Levels

Tuesday

10:00 AM - 10:45 AM	BJJ Homeschool Kids
12:00 PM - 1:00 PM	BJJ All Levels
5:00 PM - 5:45 PM	BJJ Kids 3-6yo
5:45 PM - 6:30 PM	BJJ Youth 7-12yo
6:30 PM - 7:30 PM	BJJ Advanced
7:30 PM - 8:30 PM	BJJ All Levels
8:30 PM - 9:30 PM	Muay-Thai All Levels

Wednesday

6:30 AM - 7:30 AM	BJJ All Levels
12:00 PM - 1:00 PM	BJJ All Levels
4:30 PM - 5:15 PM	BJJ Kids 3-6yo
5:15 PM - 6:00 PM	BJJ Youth 7-12yo
6:00 PM - 7:00 PM	BJJ Women's Only
7:00 PM - 8:00 PM	BJJ All Levels
8:00 PM - 9:00 PM	Muay-Thai All Levels

Thursday

12:00 PM - 1:00 PM	BJJ All Levels
5:00 PM - 5:45 PM	BJJ Kids 3-6yo
5:45 PM - 6:30 PM	BJJ Youth 7-12yo
6:30 PM - 7:30 PM	BJJ Advanced
7:30 PM - 8:30 PM	BJJ All Levels
8:30 PM - 9:30 PM	Muay-Thai All Levels

Friday

6:30 AM - 7:30 AM	BJJ No-Gi
12:00 PM - 1:00 PM	BJJ No-Gi
5:00 PM - 6:00 PM	BJJ Kids Comp Class
6:00 PM - 7:00 PM	BJJ No-Gi
7:00 PM - 8:00 PM	Muay-Thai All Levels

Saturday

9:00 AM - 10:00 AM	Muay-Thai All Levels
10:00 AM - 10:45 AM	BJJ Kids All Ages No-Gi
11:00 AM - 12:30 PM	BJJ Open Mat

3964 State Hwy 121, Suite 750, Lewisville TX