



Monday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	Special Events
6a - 6:45a	1:1 PRIVATE TRAINING AVAILABLE 7-4PM	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 - 7:00p		TEEN NOGI (12-15)	
6:00p - 7:00p	Masters/Executive Combatives Class (35+ yrs old)		
7p-8:00p		ADULTS NOGI- ALL LEVELS	
8:00p - 8:30p		ADULT OPEN MAT	
Tuesday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	Special Events
4:30p-5:20p		KIDS GI (4-7)	
5:20p-6:10p		KIDS GI (8-11)	
6:10p - 7p	BJJ FUNDAMENTALS- GI	TEEN GI (12-15)	
7p-8:00p		ADULTS GI- ALL LEVELS	
8:00p - 8:30p		ADULT OPEN MAT	
Wednesday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	Special Events
6a-6:45a	1:1 PRIVATE TRAINING AVAILABLE 7-4PM	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)	Special Events
4:30p-5:20p		KIDS NOGI (4-7)	
5:20p-6:10p		KIDS NOGI (8-11)	
6:10p - 7p	BJJ FUNDAMENTALS- NOGI	TEEN NOGI (12-15)	
7p-8:00p		ADULTS NOGI- ALL LEVELS	
8:00p - 8:30p		ADULT OPEN MAT	
Friday			
TIMES	MAT A- (Front Mat)	MAT B (Back Mat)	Special Events
6a - 6:45am		GI/NOGI- ALL LEVELS	
Saturday			
TIME	MAT A- (Front Mat)	MAT B (Back Mat)	Special Events
9-10am		KIDS GI (4-7)	
10-11am		KIDS GI (8-11)	
11-12pm		TEEN GI (12-15)	
12-1pm		ADULTS GI- ALL LEVELS	

**GRACIE LKN
UNIFORM
REQUIRED
FOR ALL
CLASSES**

- Kids- 4 to 11 yrs
- Teen- 12 to 15 yrs
- Adults 16+ 81 yrs
- 1:1 & Group Private Training 7a-12p
- Masters/ Executive Age: 35yrs+
Optional Combative/Self-Defense

SCHEDULE 1:1 TRAINING

