



Gracie Barra Burton Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-11:00am						Adult BJJ All levels 1:30 hour
10:00-11:00am						Muay-Thai
11:00-12:00pm						Kids BJJ
12:00pm						Calisthenics Beginner
5:30-6:30pm		Kids BJJ		Kids BJJ		
6:00-7:00pm	Muay-Thai	Muay-Thai	Muay-Thai	Muay-Thai	Muay-Thai	
		Calisthenics Beginner		Calisthenics Beginner		
7:00-8:00pm	Fundamental Jiu-Jitsu	Fundamental Jiu-Jitsu	Fundamental Jiu-Jitsu	Fundamental Jiu-Jitsu		
		Women only JIU-JITSU		Women only JIU-JITSU		
8:00-9:00pm		Advanced Jiu-Jitsu		Advanced Jiu-Jitsu		
9:00-10:00pm		Calisthenics		Calisthenics		