Gracie United Ascension

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT
5:00 AM			GI ESSENTIALS (ADULTS) **@5:00 AM - 6:00 AM**				GI ESSENTIALS (ADULTS) **@5:00 AM - 6:00 AM**							
6:00 AM 8:00 AM														
9:00 AM											OPEN MAT (ADULTS) **@9:00 PM - 10:00 PM**			
10:00 AM											COMPETITION (KIDS) **@9:00 AM - 10:30 AM**			
11:00 AM	GI ESSENTIALS (ADULTS) **@11:00 AM - 12:00 PM**				OPEN MAT (ADULTS) **@11:00 AM - 12:00 PM**				GI ESSENTIALS (ADULTS) **@11:00 AM - 12:00 PM**					
12:00 PM 3:00 PM														
4:00 PM		GI COMPETITION (KIDS) **@4:15 PM - 5:30 PM**	GI KINDER CHAMPS **@4:00 PM - 4:30 PM**	GI COMPETITION (KIDS) **@4:15 PM - 5:30 PM**		NO-GI COMPETITION (KIDS) **@4:15 PM - 5:30 PM**	GI KINDER CHAMPS **@4:00 PM - 4:30 PM**	GI COMPETITION (KIDS) **@4:15 PM - 5:30 PM**						
5:00 PM	GI FUNDAMENTALS JR CHAMPIONS **@4:45 PM - 5:30 PM** / GI ESSENTIALS JR CHAMPIONS **@4:45 PM - 5:30 PM**		GI FUNDAMENTALS JR CHAMPIONS **@4:45 PM - 5:30 PM** / GI ESSENTIALS JR CHAMPIONS **@4:45 PM - 5:30 PM**		NO-GI FUNDAMENTALS JR CHAMPIONS **@4:45 PM - 5:30 PM** / NO-GI ESSENTIALS JR CHAMPIONS **@4:45 PM - 5:30 PM**		GI FUNDAMENTALS JR CHAMPIONS **@4:45 PM - 5:30 PM** / GI ESSENTIALS JR CHAMPIONS **@4:45 PM - 5:30 PM**							
6:00 PM	APEX WRESTLING **@5:30 PM - 6:30 PM**	GI FUNDAMENTALS CHAMPIONS **@5:30 PM - 6:30 PM** / GI ESSENTIALS CHAMPIONS **@5:30 PM - 6:30 PM**	APEX WRESTLING **@5:30 PM - 6:30 PM**	GI FUNDAMENTALS CHAMPIONS **@5:30 PM - 6:30 PM** / GI ESSENTIALS CHAMPIONS **@5:30 PM - 6:30 PM**	APEX WRESTLING **@5:30 PM - 6:30 PM**	NO-GI FUNDAMENTALS CHAMPIONS **@5:30 PM - 6:30 PM** / NO-GI ESSENTIALS CHAMPIONS **@5:30 PM - 6:30 PM**	APEX WRESTLING **@5:30 PM - 6:30 PM**	GI FUNDAMENTALS CHAMPIONS **@5:30 PM - 6:30 PM** / GI ESSENTIALS CHAMPIONS **@5:30 PM - 6:30 PM**	NO GI COMPETITION (KIDS) **@5:30 PM - 6:30 PM**					
7:00 PM	GI FUNDAMENTALS (ADULTS) **@6:30 PM - 7:30 PM**	GI SPORT (ADULTS) **@6:30 PM - 7:30 PM**	GI FUNDAMENTALS (ADULTS) **@6:30 PM - 7:30 PM**	GI SPORT (ADULTS) **@6:30 PM - 7:30 PM**		NO GI SPORT (ADULTS) **@6:30 PM - 7:30 PM**		GI ESSENTIALS (ADULTS) **@6:30 PM - 7:30 PM**	NO GI SPORT (ADULTS) **@6:30 PM - 7:30 PM**					
7:00 PM	BJJ YOGA **@7:30 PM - 8:00 PM**	OPEN MAT (ADULTS) **@7:30 PM - 8:00 PM**		OPEN MAT (ADULTS) **@7:30 PM - 8:00 PM**	BJJ YOGA **@7:30 PM - 8:00 PM**	OPEN MAT (ADULTS) **@7:30 PM - 8:00 PM**		OPEN MAT (ADULTS) **@7:30 PM - 8:00 PM**						
8:00 PM														

Note:

- ESSENTIALS - Core and Intermediate techniques for White to Black Belts Ages 13+
- FUNDAMENTALS- Fundamental techniques for White Belts and Above Ages 13+
- SPORT - Sport based Jiu Jitsu for Blue to Black Belts
- YOGA - Jiu Jitsu Specific Yoga
- APEX WRESTLING - USA Wrestling based for 6 to 13 Year Olds
- KINDER CHAMPS - Fundamental techniques for 3 to 5 Year Olds
- JR CHAMPIONS - Fundamental techniques for 6 to 8 Year Olds
- JR CHAMPIONS - Core techniques for 6 to 8 Year Olds
- CHAMPIONS - Fundamental techniques for 9 to 12 Year Olds
- CHAMPIONS - Core techniques for 9 to 12 Year Olds
- COMPETITION - Competitive sport based Jiu Jitsu for White to Green Belts (INVITE ONLY)