

Crosley Gracie Jiu-Jitsu Academy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	Private Lessons 10-11am	Private Lessons 10-11am	Private Lessons 10-11am	Private Lessons 10-11am	Private Lessons 10-11am	Muay Thai 10-10:55am
11:00 AM	Adult BJJ 11-12:30pm		Adult BJJ 11-12:30pm		Adult BJJ 11-12:30pm	Adult BJJ 11-1pm *Open Mat
12:30 PM	Private Lessons 12:30-1:30pm		Private Lessons 12:30-1:30pm		Private Lessons 12:30-1:30pm	
2:00 PM						
4:00 PM	Kids BJJ (4-7) 4-4:45pm	Private Lessons 4-5pm	Kids BJJ (4-7) 4-4:45pm	Private Lessons 4-5pm	Kids BJJ (4-7) 4-4:45pm	
5:00 PM	Kids BJJ (8-10) 5-5:55pm	Kids BJJ (11-14) 5-5:55pm	Kids BJJ (8-10) 5-5:55pm	Kids BJJ (11-14) 5-5:55pm	Kids BJJ (8-14) 5-5:55pm	
6:00 PM	Muay Thai 6-6:55pm	Adult BJJ 6-7pm Open Mat 7-7:30pm	MMA / Gi-less 6-6:55pm	Adult BJJ 6-7pm Open Mat 7-7:30pm	Muay Thai 6-6:55pm	
7:00 PM	Adult BJJ 7-8:30pm	Muay Thai 7:35-8:30pm	Adult BJJ Basics 7-8pm Open Mat 8-8:30pm	Muay Thai 7:35-8:30pm	Adult BJJ 7-8:30pm	

* No instruction / Agreement members only.

** Private lessons by appointment only.

*** Schedule subject to change.