



# GRACIE HUMAITA WOODBRIDGE / BRAVADO MMA

2017 Spring Schedule

info@bravadojj.com

905-265-0950

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
	11am-Noon MUAY THAI- KICKBOXING				9:30am- 10am Little Samurai Jiu-Jitsu				
	12pm-1:30 Adult BJJ Foundations & Grappling	12pm-1:30pm Adult BJJ Apex & Grappling		12pm-1:00 Adult BJJ Foundations & Grappling	12pm-1:00 Adult Drilling/ Grappling	10am-11am Youth Gracie Jiu-Jitsu			
	<b>NEED SOME EXTRA PRIVATE INSTRUCTION? PLEASE SEE THE PRO SHOP FOR INFO!</b>					11am-12pm Adult Gracie Foundations			
	5pm-6pm Youth Gracie Jiu-Jitsu	5:30pm-6pm Little Samurai Jiu-Jitsu	5pm-6pm Youth Gracie Jiu-Jitsu	5:30pm-6pm Little Samurai Jiu-Jitsu		11am-12pm MMA Open Mat (upstairs)			
6pm-7pm Adult BJJ Gracie Foundations	6pm-7pm Youth APEX Gracie Jiu-Jitsu	6pm-7pm Youth Gracie Jiu-Jitsu	6pm-7pm MUAY THAI- KICKBOXING	6pm-7pm Adult BJJ Gracie Foundations	6pm-7pm Youth APEX Gracie Jiu-Jitsu	6pm-7pm Youth Gracie Jiu-Jitsu	6pm-7pm MUAY THAI- KICKBOXING	6pm-7pm Adult BJJ Gracie Foundations	12pm-1pm Adult BJJ Apex
7pm-7:30pm Adult Grappling Training	7pm-8pm MUAY THAI- KICKBOXING	7pm-8pm Adult BJJ Gracie Foundations		7pm-7:30pm Adult Grappling Training	7pm-8pm MUAY THAI- KICKBOXING	7pm-8pm Adult BJJ Gracie Foundations		7pm Adult APEX MMA	<b>*Sunday</b> 10am Self-Defense
7:30 -9pm Adult BJJ APEX		8pm-8:30pm Grappling Training Foundations		7:30 -9pm Adult BJJ APEX		8pm-9pm Adult BJJ APEX	<input type="checkbox"/> Upstairs DOJO *Please note children are not permitted on the mats without an instructor present.	11:30am-1pm Competition class	
		8:30pm- 9:30pm T'N'T Class (Takedowns & Throws)				9pm- 9:30pm Grappling Training APEX		*The Academy will be closed during long weekends From Friday to Monday. Please arrive 15 minutes before your scheduled class. Please be sure your kimono (white or royal blue only) & equipment is clean for every class. Sat / Sunday classes cancelled on tournament weekends.*APEX CLASSES FOR APEX MEMBERS ONLY.	