



GRACIE HUMAITA WOODBRIDGE / BRAVADO MMA

2018 Summer Schedule

info@bravadojj.com

905-265-0950

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
		11am-Noon MUAY THAI- KICKBOXING				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
		NEED SOME EXTRA PRIVATE INSTRUCTION? PLEASE SEE THE PRO SHOP FOR INFO!							
		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	
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	*Sunday 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. *The Academy will be closed during long weekends From Friday to Monday. Please arrive 15 minutes before your scheduled class. Please be sure your Gi (white only for youth & white or royal blue for adults) & equipment are clean for every class. Sat / Sun classes cancelled on tournament weekends. *APEX CLASSES FOR APEX MEMBERS ONLY. **Friday Youth class will run from Sept to June 23rd only**	11:30am-1pm Competition class	
		8:30pm- 9:30pm NO-GI APEX				9pm- 9:30pm Grappling Training APEX			