



# GRACIE HUMAITA WOODBRIDGE / BRAVADO MMA

2018 Winter 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
		<b>NEED SOME EXTRA PRIVATE INSTRUCTION? PLEASE SEE THE PRO SHOP FOR INFO!</b>							
		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	<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	<div style="border: 1px solid black; width: 20px; height: 20px; display: inline-block; vertical-align: middle;"></div> Upstairs DOJO *Please note children are not permitted on the mats without an instructor present.	11:30am-1pm Competition class	
		8:30pm- 9:30pm NO-GI APEX				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. **Friday Youth class will run from Sept to June only**		