

# GRACIE TAMPA SOUTH SCHEDULE

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LiL Ninjas Beginners</b>  (Ages 4 - 6)					5:30 - 6:00  GI	9:30 - 10:00  GI
<b>Beginners</b>  <i>Fundamental moves and principals of Mixed Martial Arts</i>  (Ages 7+)		6:00 - 6:45  Gi Jiu Jitsu			6:00 - 6:45  No Gi Jiu Jitsu / Wrestling	10:00 - 10:45  No Gi Striking / MMA