

GRACIE TAMPA NORTH 2012 SCHEDULE

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LiL Champions (Ages 3 - 4)		4:45 - 5:15 GI		4:45 - 5:15 GI		Privates
LiL Ninjas (Ages 5 - 6)	4:45 - 5:15 GI		4:45 - 5:15 GI		4:45 - 5:15 NO GI	Privates
Beginners Section A <i>Fundamental moves and principals of Mixed Martial Arts</i>	5:15 - 6:00 GI		5:15 - 6:00 GI		5:15 - 6:00 NO GI	Privates
Beginners Section B <i>Fundamental moves and principals of Mixed Martial Arts</i>			6:00 - 6:45 GI	5:15 - 6:00 GI	6:00 - 6:45 NO GI	Privates
Intermediate <i>Intermediate moves and principals of Mixed Martial Arts</i>	6:00 - 7:00 NO GI	5:15 - 6:00 NO GI	6:45 - 7:30 GI	6:00 - 6:45 GI	6:45 - 7:30 NO GI	Privates
Advanced <i>Advanced moves and principals of Mixed Martial Arts</i>	6:00 - 7:00 NO GI	5:15 - 6:00 NO GI	6:45 - 7:30 GI	6:00 - 6:45 GI	6:45 - 7:30 NO GI	Privates
Competition Team Twister <i>Competition training and theory</i> (Invite Only)		6:00 - 6:45 Wrestling		6:45 - 7:30 Jiu Jitsu	7:30 - 8:00 Sparring	Privates

*Interested in Private Lessons? Want your child to improve their Striking or Jiu Jitsu?
Jiu Jitsu Privates - Coach Cris - midgettwister@gmail.com
Striking Privates - Coach Steph - SREggink88@gmail.com*