



**CARLSON GRACIE
JIU-JITSU TEAM**

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TEAM SCHEDULE - EFFECTIVE JAN. 2010'

MONDAY	<i>BJJ 9-10AM</i>	MUAY THAI 10:30-11	KIDS JUDO 5-6PM	ADULT JUDO 6-7PM	<i>ADULT BJJ 7-8 PM</i>
TUESDAY	<i>BJJ 11-12PM</i>		<i>KIDS BJJ 5-6PM</i>	<i>ADULT BJJ 6-7:30PM</i>	<i>OPEN MAT 7:30 - 8PM</i>
WEDNESDAY	<i>BJJ 9-10AM</i>		KIDS JUDO 5-6PM	ADULT JUDO 6-7PM	<i>ADULT BJJ 7-8 PM</i>
THURSDAY	<i>BJJ 11-12PM</i>		<i>KIDS BJJ 5-6PM</i>	<i>ADULT BJJ 6-7:30PM</i>	MUAY THAI 7:30 - 8:30PM
FRIDAY	<i>BJJ 9-10AM</i>			<i>ADULT BJJ 6-7:30PM</i>	<i>OPEN MAT 7:30 - 8PM</i>
SATURDAY	<i>BJJ / OPEN MAT 11-12PM</i>	MUAY THAI 12-1 PM			
SUNDAY	<i>OPEN BY APPOINTMENT</i>				

**kids may also attend open mat sessions.*