

R&D Academy of Self Defense Class Schedule

Gracie Brazilian Jiu Jitsu, Nito Judo and Self Defense

Adult Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am-7:00am		Gracie Jiu Jitsu	Gracie Jiu Jitsu	Gracie Jiu Jitsu	Gracie Jiu Jitsu	
9:00 am-10:00 am						Gracie Self Defense
9:30 am-10:30 am	Striking	NO Gi Gracie Jiu Jitsu	Striking	NO Gi Gracie Jiu Jitsu	NO Gi Gracie Jiu Jitsu	
10:00 am- 12:00pm						Supervised Open Train
11:00 am-12:30 pm	Gracie Jiu Jitsu Fundamentals	Gracie Jiu Jitsu Fundamentals	Gracie Jiu Jitsu Fundamentals	Gracie Jiu Jitsu Fundamentals		
5:30 pm-6:30 pm	Gracie Jiu Jitsu MAT 2	NO Gi Gracie Jiu Jitsu Mat 2	Gracie Jiu Jitsu MAT 2	NO Gi Gracie Jiu Jitsu		
6:30 pm-7:30 pm	Gracie Jiu Jitsu Drills and Sparring		Gracie Jiu Jitsu Drills and Sparring			
7:30 pm-9:00 pm		Nito Judo		Nito Judo		

Kids Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 pm-6:30 pm	Kids Gracie Jiu Jitsu		Kids Gracie Jiu Jitsu			
6:30 pm- 7:30 pm		Kids Nito Judo		Kids Nito Judo		

Women's Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 pm-6:30 pm		Gracie Jiu Jitsu				