

# GRACIE UNITED - TEAM JUCAO ASCENSION

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT
10:00-11:00 HOMESCHOOL GI 7-12 YEARS OLD		5:00-6:00 AM ADULT/TEEN GI ALL LEVELS		10:00-11:00 HOMESCHOOL GI 7-12 YEARS OLD		5:00-6:00 AM ADULT/TEEN GI ALL LEVELS			
11:00-NOON ADULT/TEEN GI ALL LEVELS				11:00-NOON ADULT/TEEN GI *OPEN MAT					
4:00-4:30 KINDER GI 3-5 YEAR OLDS	4:15-5:30 KIDS COMPETITION GI INVITE ONLY	4:00-4:30 KINDER GI 3-5 YEAR OLDS	4:15-5:30 KIDS COMPETITION GI INVITE ONLY		4:15-5:30 KIDS COMPETITION NO GI INVITE ONLY	4:00-4:30 KINDER GI 3-5 YEAR OLDS	4:15-5:30 KIDS COMPETITION GI INVITE ONLY		11:00-NOON ADULT/TEEN GI ALL LEVELS
4:45-5:30 JUNIOR CHAMPS GI 6-8 YEAR OLDS		4:45-5:30 JUNIOR CHAMPS GI 6-8 YEAR OLDS		4:45-5:30 JUNIOR CHAMPS NO GI 6-8 YEAR OLDS		4:45-5:30 JUNIOR CHAMPS GI 6-8 YEAR OLDS			
5:30-6:30 CHAMPIONS GI 9-12 YEAR OLDS	5:30-6:30 APEX WRESTLING ALL LEVELS	5:30-6:30 CHAMPIONS GI 9-12 YEAR OLDS	5:30-6:30 APEX WRESTLING ALL LEVELS	5:30-6:30 CHAMPIONS NO GI 9-12 YEAR OLDS	5:30-6:30 APEX WRESTLING ALL LEVELS	5:30-6:30 CHAMPIONS GI 9-12 YEAR OLDS	5:30-6:30 APEX WRESTLING 6-13 YEAR OLDS	4:30-5:30 KIDS COMPETITION NO GI INVITE ONLY	
6:30-7:30 ADULT/TEEN GI FUNDAMENTALS	6:30-7:30 ADULT/TEEN GI SPORT	6:30-8:00 ADULT/TEEN GI	6:30-8:00 ADULT/TEEN NO GI PURPLE & UP		6:30-8:00 ADULT/TEEN NO GI ALL LEVELS	6:30-8:00 ADULT/TEEN GI ALL LEVELS	6:30-7:30 APEX WRESTLING HIGH SCHOOL 14-18 YEAR OLDS	5:30-6:30 ADULT/TEEN NO GI SPORT/OPEN MAT	
7:30-8:00 BJJ YOGA	7:30-8:00 OPEN MAT GI								

SATURDAY		SUNDAY	
GRACIE MAT	JUCAO MAT	GRACIE MAT	JUCAO MAT
9:00-10:00 ADULT/TEEN GI OPEN MAT	9:00-10:30 KIDS COMPETITION GI INVITE ONLY		5:00-6:00 APEX WRESTLING 6-13 YEAR OLDS
			6:00-8:00 APEX WRESTLING HIGH SCHOOL 14-18 YEAR OLDS



**KINDER CHAMPS 3-5 YEARS OLD**  
**JUNIOR CHAMPIONS 6-8 YEARS OLD**  
**CHAMPIONS 9-12 YEARS OLD**  
**APEX WRESTLING 6-13 YEARS OLD**  
**APEX WRESTLING 14-18 YEARS OLD**  
**HOMESCHOOL BJJ 7-12 YEARS OLD**  
**HOMESCHOOL BJJ 13-17 YEARS OLD**  
**YOGA FOR BJJ 13 & UP**