



GRACIE BARRA HALESOWEN TIMETABLE

JIU-JITSU FOR EVERYONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:15am-10:15am GB KIDS	
						10am-12 midday OPEN MAT
					11:00am-1pm OPEN MAT	
5:15pm-6pm GB KIDS 1			5:15pm-6pm GB KIDS 1	5:15pm-6pm KIDS NO GI		
6pm-7pm GB KIDS 2	6pm-7pm GB1		6pm-7pm GB KIDS 2	6pm-7pm STUDY HALL		
7pm-8pm GB1	7pm-8pm NO GI	7pm-8pm GB1	7pm-8pm NO GI	7pm-7:30pm FREE SPARRING		
8pm-9pm GB2	8pm-8:30pm FREE SPARRING	8pm-9pm GB2	8pm-8:30pm FREE SPARRING			
9pm-9:30pm FREE SPARRING		9pm-9:30pm FREE SPARRING				

