



GRACIE BARRA HALESOWEN TIMETABLE

JIU-JITSU FOR EVERYONE

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

