



RENZO GRACIE JIU-JITSU UPPER WEST SIDE

2025 SPRING SCHEDULE

ADULT JIU-JITSU							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 am		No-Gi Jiu-Jitsu		Jiu-Jitsu			
7:00 - 8:00 am	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	
10:00 - 11:00 am	Training Session*		Training Session*				
11:00 - 11:45 am		Women's Jiu-Jitsu & Self-Defense		Women's Jiu-Jitsu & Self-Defense		Women's Jiu-Jitsu & Self-Defense	
12:00 - 12:45 pm	Jiu-Jitsu Flow		Jiu-Jitsu Flow				
12:00 - 1:00 pm	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu		
1:00 - 2:00 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu		
12:00 - 1:30 pm						Jiu-Jitsu	Jiu-Jitsu
1:30 - 3:00 pm						No-Gi Jiu-Jitsu	
6:00 - 7:00 pm	Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu		
7:00 - 8:00 pm	No-Gi Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu		
8:00 - 9:00 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu			

YOUTH JIU-JITSU							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 9:45 am						Ages 3 to 5	Ages 3 to 5
10:00 - 10:45 am						Ages 6 to 8	Ages 6 to 8
11:00 - 11:45 am						Ages 9 and Up	Ages 9 and Up
3:15 - 3:45 pm	Ages 3 to 5	Ages 3 to 5	Ages 3 to 5	Ages 3 to 5	Ages 3 to 5		
4:00 - 4:45 pm	Ages 6 to 8	Ages 6 to 8	Ages 6 to 8	Ages 6 to 8	Ages 6 to 8		
5:00 - 5:45 pm		Ages 6 to 8		Ages 6 to 8			
5:00 - 5:45 pm	Ages 9 and Up	Ages 9 and Up	Ages 9 and Up	Ages 9 and Up	Ages 9 and Up		

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* Training Session: Blue Belt and up or White Belts that are enrolled in an upcoming competition

**This schedule will be effective starting on March 31, 2025