



GRACIE BARRA

OTTAWA EAST



WEEKLY SCHEDULE

In effect spring of 2023

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			SUNDAY
TIME	BJJ	THAI	BJJ	THAI	BJJ	THAI	BJJ	THAI	BJJ	THAI	TIME	BJJ	THAI	
6:00-6:45 am	GB1 <i>No Gi</i>		GB1		GB1 <i>No Gi</i>		GB1				9:30-10:15 am	Family Thai		
9:30-10:30 am	GB1 <i>No Gi</i>		GB1		GB1 <i>No Gi</i>		GB1				10:15-11:00 am	Family BJJ		
12:00-1:00 pm	GB1	MT1	Wrestling	MT1	GB1	MT1	Wrestling	MT1	GB1 <i>No Gi</i>		11:00-11:45 am	GB1 <i>No Gi</i>	Barra Fit	
1:00-2:00 pm	GB Comp		Open Mat		GB Comp		Open Mat		GB Comp		11:45-12:30 pm	GB1	MT1	
5:00-5:30 pm	Tiny Champions				Tiny Champions						12:30-1:15 pm	Randori	MT2	
5:30-6:15 pm	GBK	MT1	GBK	MTK	GBK	MT1	GBK	MTK			1:15-2:00 pm	Open Mat	MT3	
6:15-7:00 pm	MTK	Barra Fit	GBK Advanced	Barra Fit	MTK	Barra Fit	GBK Advanced	Barra Fit	GBF (6-7pm) <i>Women's Only</i>	MTF (6-7pm) <i>Women's Only</i>				
7:00-7:45 pm	GB1	MT1	GB1 <i>No Gi</i>	MT1	GB1	MT1	GB1 <i>No Gi</i>	MT1	GB1 <i>No Gi</i>	MT1				
7:45-8:30 pm	All Levels Wrestling	MT2	GB1	MT2	GB1 <i>No Gi</i>	MT2	GB1	MT2	GB2 <i>No Gi</i>	MT2				
8:30-9:15 pm		MT3	Randori		GB2 <i>No Gi</i>	MT3	GB2		Randori	MT3				

LEGEND

Tiny Champions Jiu Jitsu class for kids between 3 and 5 years of age

GBK Jiu Jitsu for kids 6 and up
MTK Muay Thai for kids

GB1 Beginner to intermediate jiu jitsu class
GB2 Intermediate to Advanced jiu jitsu class
GBF Women's only jiu jitsu class
Randori A jiu jitsu sparring class

MT1 Pad work
MT2 Drills
MT3 Sparring and sparring concepts
MTF Women's only Muay Thai class
Barra Fit Group fitness program

Gracie Barra Ottawa East

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