

RILION GRACIE IRELAND TIMETABLE

TIME	MON	TUE	WED	THUR	FRI	SAT
7:00 AM - 8:00 AM		ALL LEVELS BJJ		ALL LEVELS BJJ		
10:30 AM - 11:30 AM						
12 NOON - 1:00 PM	ADVANCED NOGI BJJ	ALL LEVELS BJJ	ADVANCED BJJ	ALL LEVELS BJJ	ADVANCED BJJ	11:30 AM - 1:00 PM INTERMEDIATE BJJ
6:10 PM - 7:00 PM						
6:15 PM - 7:15 PM	WHITE BELTS ONLY BJJ		ADVANCED BJJ		WHITE BELTS ONLY BJJ	
7:15 PM - 8:15 PM		INTERMEDIATE NOGI BJJ		INTERMEDIATE NOGI BJJ		
7:30 PM 9:00 PM	ADVANCED BJJ		7:30 PM - 8:30 PM WHITE BELTS ONLY BJJ			

WHITE BELT ONLY - COMPLETE BEGINNER TO 4 STRIPES
INTERMEDIATE - AT LEAST 6 MONTHS TRAINING DONE

ADVANCED - MUST HAVE 4 STRIPES ON WHITE BELT
REFRESHERS BJJ - FOR STUDENTS RETURNING AFTER A BREAK

KIDS RILION GRACIE IRELAND TIMETABLE

TIME	MON	TUE	WED	THUR	FRI
4:15 PM - 4:45 PM	TINY CHAMPS		TINY CHAMPS		
4:00 PM - 4:45 PM		LITTLE CHAMPS		JUNIOR CHAMPS	
5:00 PM - 5:45 PM	COLOURED BELTS	JUNIOR CHAMPS	COLOURED BELTS	LITTLE CHAMPS	
5:00 PM - 6:00 PM	TEENS BJJ		TEENS BJJ		

BOOKING IS ESSENTIAL FOR THESE CLASSES. IF YOUR CHILD IS UNABLE TO ATTEND ANY CLASS YOU HAVE BOOKED PLEASE LET BERNIE KNOW AS IT WILL FREE A SPACE FOR SOMEONE ELSE. WE WILL BE OPERATING CLASSES BY BELT. **EXPLAINED BELOW.**

LITTLE CHAMPS - 5YRS - 7YRS

JUNIOR CHAMPS - 7YRS - 10YRS

WHITE BELT - COMPLETE BEGINNER TO 6 STRIPE WHITE BELT

GREY BELT - GREY & WHITE/GREY/GREY & BLACK

COLOURED BELT - YELLOW & WHITE/YELLOW/YELLOW & BLACK/ORANGE & WHITE/ORANGE/ORANGE & BLACK

TEENS BJJ - ANY PERSON 13+