



Rilion Gracie Ireland

Timetable

	Mon	Tue	Wed	Thur	Fri	Sat
7:00-8:00 A.M.		All Levels Jiu Jitsu		All Levels Jiu Jitsu		
10:00- 10:45 A.M.						Juniors/ Kids
11:00- 12:00 P.M.						Fundamentals Jiu Jitsu
12:00- 1:00 P.M.	Advanced Jiu Jitsu	White Belts Only Jiu Jitsu	Advanced Jiu Jitsu	White Belts Only Jiu Jitsu	Advanced Jiu Jitsu (No-Gi)	Sparring
5:00-5:45 P.M.			Juniors/ Kids			
5:30-6:15 P.M.		Teens Jiu Jitsu		Technical Boxing	Teens Jiu Jitsu	
6:30-7:30 P.M.	Fundamentals Jiu Jitsu	Advanced MMA	Fundamentals Jiu Jitsu	All Levels MMA	Fundamentals Jiu Jitsu	
7:30-8:30 P.M.	Advanced Jiu Jitsu	Beginners MMA	Advanced Jiu Jitsu	All Levels Jiu Jitsu (No-Gi)	Sparring (Gi/No-Gi)	
8:30-9:00 P.M.	Sparring	Over 35s Jiu Jitsu (8:30-9:30 P.M.)	Sparring	Over 35s Jiu Jitsu (8:30-9:30 P.M.)		