



GRAVITY LAB

JIU JITSU



CLASS SCHEDULE

MONDAY	12:00 PM – 1:00 PM 3:00 PM – 3:45 PM 4:00 PM – 4:45 PM 5:00 PM – 6:00 PM 6:30 PM – 8:00 PM	Adult Jiu Jitsu (Gi) Pre-Warriors (Ages 3–5) (Gi) Little Warriors (Ages 5–7) (Gi) Big Warriors (Ages 8–12) (Gi) Adult Jiu Jitsu (No-Gi)
TUESDAY	12:00 PM – 1:00 PM 6:30 PM – 8:00 PM	Adult Jiu Jitsu (No-Gi) Adult Jiu Jitsu (No-Gi)
WEDNESDAY	12:00 PM – 1:00 PM 3:00 PM – 3:45 PM 4:00 PM – 4:45 PM 5:00 PM – 6:00 PM 6:30 PM – 8:00 PM	Adult Jiu Jitsu (Gi) Pre-Warriors (Ages 3–5) (No-Gi) Little Warriors (Ages 5–7) (No-Gi) Big Warriors (Ages 8–12) (No-Gi) Adult Jiu Jitsu (Gi)
THURSDAY	6:00 PM – 7:00 PM 7:00 PM – 8:00 PM	Adult Jiu Jitsu (No-Gi) Advanced Jiu Jitsu (No-Gi)
FRIDAY	12:00 PM – 1:00 PM 3:00 PM – 3:45 PM 4:00 PM – 4:45 PM 5:00 PM – 6:00 PM 6:30 PM – 8:00 PM	Adult Jiu Jitsu (No-Gi) Pre-Warriors (Ages 3–5) (No-Gi) Little Warriors (Ages 5–7) (No-Gi) Big Warriors (Ages 8–12) (No-Gi) Adult Jiu Jitsu (Gi)
SATURDAY	11:15 AM – 12:00 PM 12:15 PM – 1:15 PM 1:15 PM – 2:15 PM 2:15 PM – 3:30 PM	Wrestling Open Mat Jiu Jitsu Open Mat (All Ages) Fundamentals No-Gi & Gi (Ages 10+) All Warriors Comp Class (Ages 5–12) (No-Gi & Gi)
SUNDAY	12:00 PM – 1:00 PM 1:15 PM – 2:15 PM	Adult Competition Class Teens Class 11–17 (Gi & No-Gi)



DISCIPLINE



RESPECT



RESILIENCE



EXCELLENCE

ALL AGES.
ALL LEVELS.
ONE TEAM.