

GRAVITY LAB SCHEDULE



MONDAY	• 11:00 AM-12:15 PM Adult Gi jiu jitsu • 3:00 -3:45 PM Kids Combat Recess • 3:45-4:45 PM Kids Gi Jiu Jitsu • 7:15- 8:15 PM Adult No-Gi Jiu jitsu
TUESDAY	• 11:00 AM-12:15 PM Adult No-Gi Jiu Jitsu • 6:30- 8:00 PM Adult No Gi Jiu Jitsu
WEDNESDAY	• 11:00 AM -12:15 PM Adult Gi Jiu Jitsu • 3:00-3:45 PM Kids Combat Recess • 3:45-4:45 PM Kids Gi Jiu Jitsu • 7:15-8:15 PM Adult Gi Jiu Jitsu
THURSDAY	• 11:00 AM- 12:15 PM Adult No-Gi Jiu Jitsu • 6:30-8:00 PM Adult No-Gi Jiu Jitsu
FRIDAY	• 11:00 AM- 12:00 PM Adult Advanced No-Gi Jiu Jitsu • 3:00-3:45 PM Kids Combat Recess • 3:45-4:45 PM Kids Comp Jiu Jitsu • 7:15- 8:15 PM Reverse Class (Blue+/ Invite Only)
SATURDAY	• 11:15 AM- 12:00 PM Wrestling Open Mat • 12:15 PM- 1:15 PM Jiu Jitsu Open Mat (All Ages) • 1:15-2:15 PM Family Class • 2:15- 3:30 PM Kids Jiu Jitsu
SUNDAY	• 10:00 AM- 11:00 AM Wrestling for Jiu Jitsu • 11:00 AM- 12:00 PM Fitness for Jiu Jitsu • 12:00- 1:00 PM Comp Class • 1:00-2:15 PM Kids Jiu Jitsu