

GRACIE JIU JITSU
GRIDLOCK
ACADEMY

ADULT

CORE Gracie Jiu Jitsu Self Defense

Monday 7:00 pm to 8:45 pm

Wednesday 7:00 pm to 8:45 pm

Saturday 9:00 am to 10:00 am

OPEN MAT

Tuesday 6:00 pm to 7:30 pm

Thursday 6:00 pm to 7:30 pm

SD In Action Self Defense (30 min)

Monday 8:30 pm

Wednesday 8:30 pm

KIDS PROGRAMS

Jr. CORE Gracie Jiu Jitsu Self Defense (1 hr)

Monday 6:00 pm

Tuesday 5:15 pm

Wednesday 6:00 pm

Thursday 5:15 pm

Saturday 10:00 am

COMPETITION Team (1 hr)

Monday 5:15 pm

Tuesday 6:15 pm

Wednesday 5:15 pm

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