



Staley Martial Arts,  
Carlson Gracie North Shore

| EFFECTIVE APRIL 20, 2025                                                                                            |                                                           |                                                        |                                                                  |                                                                           |                                                           |                                                                     |                                                               |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------|
| TIME                                                                                                                | SUNDAY                                                    | MONDAY                                                 | TUESDAY                                                          | WEDNESDAY                                                                 | THURSDAY                                                  | FRIDAY                                                              | SATURDAY                                                      |
| 6:00 AM                                                                                                             |                                                           |                                                        |                                                                  | 6-7am<br>ALL ADULTS<br>Gi BJJ<br>Instructor: Arthur                       |                                                           |                                                                     |                                                               |
| 9:00 AM                                                                                                             | PRIVATE LESSON<br>Instructor: Arthur                      |                                                        |                                                                  |                                                                           |                                                           |                                                                     | 9-10am<br>ALL ADULTS<br>Gi BJJ<br>Instructor: Midhad          |
| 10:00 AM                                                                                                            | 11am-1pm<br>BJJ OPEN MAT                                  |                                                        |                                                                  |                                                                           |                                                           |                                                                     | 10-11am<br>BJJ OPEN MAT<br>All Martial Arts                   |
| 11:00 AM                                                                                                            | 11am-12pm<br>ALL KIDS<br>Gi BJJ<br>Instructor: Arthur     |                                                        |                                                                  |                                                                           |                                                           |                                                                     | 11am-12pm<br>COMPETITION KIDS<br>Gi BJJ<br>Instructor: Midhad |
| 12:00 PM                                                                                                            | 12pm-1pm<br>ALL ADULTS<br>MUAY THAI<br>Instructor: Arthur |                                                        |                                                                  |                                                                           |                                                           |                                                                     | PRIVATE LESSON<br>Instructor: Guram                           |
| 4:00 PM                                                                                                             |                                                           |                                                        | 4:10-5pm<br>Ages 4-7<br>Instructor: Guram                        |                                                                           |                                                           |                                                                     |                                                               |
| 5:00 PM                                                                                                             |                                                           | 5-6pm<br>ALL KIDS<br>Gi BJJ<br>Instructor: Guram       | 5-6pm<br>ALL KIDS<br>Gi BJJ<br>Instructor: Guram                 | 5-6pm<br>ALL KIDS<br>Gi BJJ<br>Instructor: Guram                          | 5-6pm<br>ALL KIDS<br>Gi BJJ<br>Instructor: Guram          | 5-6pm<br>ALL KIDS<br>NO Gi BJJ &<br>WRESTLING<br>Instructor: Arthur |                                                               |
| 6:00 PM                                                                                                             |                                                           | 6-7:30pm<br>ALL ADULTS<br>Gi BJJ<br>Instructor: Midhad | 6-7pm<br>ADULT<br>FUNDAMENTALS<br>Instructors:<br>Midhad & Guram | 6-7pm<br>ALL ADULTS<br>NO Gi BJJ<br>Instructor: Guram                     | 6-7pm<br>ADULT<br>FUNDAMENTALS<br>Instructor: Guram       | 6-7pm<br>ALL ADULTS<br>NO Gi BJJ<br>Instructor: Arthur              |                                                               |
| 7:00 PM                                                                                                             |                                                           |                                                        | 7-8pm<br>ALL ADULTS<br>Gi BJJ<br>Instructor: Midhad              | 7:15-8:15pm<br>ALL ADULTS<br>MUAY THAI &<br>STRIKING<br>Instructor: Guram | 7:00-8:30pm<br>ALL ADULTS<br>Gi BJJ<br>Instructor: Midhad | 7-8pm<br>ALL ADULTS<br>MUAY THAI<br>Instructor: Arthur              |                                                               |
| 8:00 PM                                                                                                             |                                                           |                                                        |                                                                  |                                                                           |                                                           |                                                                     |                                                               |
| STALEY MARTIAL ARTS, CARLSON GRACIE NORTH SHORE - 123 GREEN BAY RD, WILMETTE - STALEYMARTIALARTS.COM - 847.636,7056 |                                                           |                                                        |                                                                  |                                                                           |                                                           |                                                                     |                                                               |
| KEY                                                                                                                 | AGES 4-7                                                  | AGES 8-13                                              | ALL KIDS                                                         | BEGINNER<br>ADULT                                                         | ALL ADULTS<br>BJJ                                         | MUAY THAI                                                           | SELF DEFENSE                                                  |