

Staley Martial Arts, Carlson Gracie North Shore

Class Schedule

EFFECTIVE MONDAY, JULY 13, 2026							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				6–7am ALL ADULTS GI BJJ			
9:00 AM	PRIVATE LESSON						9–10am ALL ADULTS GI BJJ
10:00 AM	11am–1pm BJJ OPEN MAT						10–11am BJJ OPEN MAT
11:00 AM	11am–12pm ALL KIDS GI BJJ						
12:00 PM	12–1pm ADULT MUAY THAI						
4:00 PM			4:10–5pm Ages 4–7 GI BJJ				
5:00 PM		5–6pm ALL KIDS GI BJJ	5–6pm ALL KIDS GI BJJ	5–6pm ALL KIDS GI BJJ		5–6pm ALL KIDS NO GI BJJ & WRESTLING	
6:00 PM		6–7:30pm ALL ADULTS GI BJJ	6–7:30pm ALL ADULTS GI BJJ	6–7pm ALL ADULTS NO GI BJJ	6–7:30pm ALL ADULTS GI BJJ	6–7pm ALL ADULTS NO GI BJJ	
7:00 PM				7:15–8:15pm ADULT MUAY THAI		7–8pm ADULT MUAY THAI	
8:00 PM							
STALEY MARTIAL ARTS, CARLSON GRACIE NORTH SHORE — 123 GREEN BAY RD, WILMETTE — STALEYMARTIALARTS.COM — 847.636.7056							
KEY	AGES 4-7	ALL KIDS	ADULTS BJJ	MUAY THAI	OPEN MAT	PRIVATE	