



Staley Martial Arts,
Carlson Gracie North Shore

EFFECTIVE JANUARY 1, 2025

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				6-7am ALL ADULTS Gi BJJ Instructor: Arthur			
9:00 AM	PRIVATE LESSON Instructor: Arthur						9-10am ALL KIDS Gi BJJ Instructor: Midhad
10:00 AM	11am-1pm BJJ OPEN MAT						10-11am ALL ADULTS Gi BJJ Instructor: Midhad
11:00 AM	11am-12pm ALL KIDS Gi BJJ Instructor: Arthur						11am-1pm BJJ OPEN MAT All Martial Arts
12:00 PM	12pm-1pm ALL ADULTS MUAY THAI Instructor: Arthur		12-1pm ALL ADULTS Gi BJJ Instructor: Larry				PRIVATE LESSON Instructor: Guram
4:00 PM			4:10-5pm Ages 4-7 FUNDAMENTALS Instructor: Guram		4:10-5pm Ages 4-7 FUNDAMENTALS Instructor: Guram	4-5pm ALL KIDS MUAY THAI Instructor: Arthur	
5:00 PM		5-6pm ALL KIDS Gi BJJ Instructor: Guram	5-6pm Ages 8-13 FUNDAMENTALS Instructor: Guram	5-6pm ALL KIDS Gi BJJ Instructor: Guram	5-6pm Ages 8-13 FUNDAMENTALS Instructor: Guram	5-6pm ALL KIDS NO Gi BJJ Instructor: Arthur	
6:00 PM		6-7:30pm ALL ADULTS Gi BJJ Instructor: Midhad	6-7pm ADULT FUNDAMENTALS Instructors: Midhad & Guram	6-7pm ALL ADULTS NO Gi BJJ Instructor: Guram	6-7pm ADULT FUNDAMENTALS Instructor: Guram	6-7pm ALL ADULTS NO Gi BJJ Instructor: Arthur	
7:00 PM			7-8pm ALL ADULTS Gi BJJ Instructor: Midhad	7:15-8:15pm ALL ADULTS MUAY THAI & STRIKING Instructor: Guram	7:00-8:30pm ALL ADULTS Gi BJJ Instructor: Midhad	7-8pm ALL ADULTS MUAY THAI Instructor: Arthur	
8:00 PM							

STALEY MARTIAL ARTS, CARLSON GRACIE NORTH SHORE - 123 GREEN BAY RD, WILMETTE - STALEYMARTIALARTS.COM - 847.242.1305

KEY	AGES 4-7	AGES 8-13	ALL KIDS	BEGINNER ADULT	ALL ADULTS BJJ	SELF DEFENSE	MUAY THAI
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