



Staley Martial Arts,
Carlson Gracie North Shore

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

(847) 242-1305

info@staleymartialarts.com

Scan QR code for a *FREE* class!

