



NEUTRAL GROUNDS BRAZILIAN JIU JITSU

GRACIE SIGNAL HILL / LONG BEACH CA



PH# 562-424-8890

2451 E WILLOW ST SIGNAL CA 90755

www.NGBJJ.com

Adult Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am Gracie Jiu Jitsu All Levels	8:00 am Gracie Jiu Jitsu All Levels	10:00 am Gracie Jiu Jitsu All Levels	8:00 am Gracie Jiu Jitsu All Levels		10am Teen/Adult Muay Thai
	6:00 pm Gracie Jiu Jitsu TEENS		6:00 pm Gracie Jiu Jitsu TEENS	Adult Open Mat (Invite only Grp Text)	11am Teen/ Adult all levels
7:00 pm Gracie Jiu Jitsu All Levels	7:00 pm Gracie Jiu Jitsu All Levels	7:00 pm Gracie Jiu Jitsu All Levels	7:00 pm Gracie Jiu Jitsu All Levels		
7:00 pm Capoeira	6:pm Muay Thai Adult	7:00 pm Capoeira	6:pm Muay Thai Adult		

Kids Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Gracie Jiu Jitsu 4-5 years old	4:00 pm Gracie Jiu Jitsu 6-8 years old	4:00 pm Gracie Jiu Jitsu 4-5 years old	4:00 pm Gracie Jiu Jitsu 6-8 years old		9am-Muay Thai advance
5:00 pm Gracie Jiu Jitsu 8-10 years old	5:00 pm Gracie Jiu Jitsu 10-13 years old	5:00 pm Gracie Jiu Jitsu 8-10 years old	5:00 pm Gracie Jiu Jitsu 10-13 years old		9:00 am Gracie Jiu Jitsu 4-8 years old
5:00 pm Wrestling 7-12 years old	5:00 pm Muay Thai 7-9 years old	5:00 pm Wrestling 7-12 years old	5:00 pm Muay Thai 7-9 years old		10:00 am Gracie Jiu Jitsu 9-13 years old
6:00 pm Teen wrestling	6:00 pm Gracie Jiu Jitsu TEENS	6:00 pm Teen wrestling	6:00 pm Gracie Jiu Jitsu TEENS	5:pm Jiu Jitsu Competition Team (first Friday of the Month)	11:00 am Gracie Jiu Jitsu TEENS
	6:00 pm Muay Thai Adult & 10-13 y/old		6:00 pm Muay Thai Adult & 10-13 y/old		10am-Muay Thai TEENS
	7:00 pm Muay Thai TEENS		7:00pm Muay Thai TEENS		11am Muay Thai 7-13yrs

Capoeira is a separate program: capoeirabrasillb.com / Classes on Mon, Wed, Sun