



[www.GracieJiuJitsuWarwick.com](http://www.GracieJiuJitsuWarwick.com) - 2200 Warwick Ave, Warwick, Rhode Island 02289 - (401) 647-6513

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MASTERCYCLE 7AM-8:30AM	COMBATIVES 7AM-8AM	MASTERCYCLE 7AM-8:30AM	COMBATIVES 7AM-8AM	MASTERCYCLE 7AM-8:30AM	BULLYPROOF (ALL AGES) 9AM-10AM	WOMEN EMPOWERMENT 10AM - 11AM
COMBATIVES 10:30AM-11:30AM	MAT MUNCHKINS (3-5) 3:30PM-4PM	COMBATIVES 11:30AM-12:30PM	MASTERCYCLE 8AM-9PM	COMBATIVES 11:30AM-12:30PM	COMBATIVES 10AM-11AM	- -
LITTLE CHAMPS (5-7) 4PM-5PM	BLACK BELT CLUB 4PM-5PM	JR. GRAPPLERS (8-12) 4:15-5:15PM	HOMESCHOOL 9AM- 11AM	BLACK BELT CLUB 4:45 - 5:45 PM	- -	- -
JR. GRAPPLERS (8-12) 5PM-6PM	MASTERCYCLE 5PM - 6:30PM	REFLEX DEVELOPMENT 5:30-6:30PM	LITTLE CHAMPS (5-7) 4PM-5PM	MASTERCYCLE 5:45PM - 7:15PM	- -	- -
COMBATIVES 6:30PM - 7:30PM	COMBATIVES 6:30PM - 7:30PM	COMBATIVES 6:30PM - 7:30PM	JR. GRAPPLERS (8-12) 5PM-6PM	- -	- -	- -
- -	WOMEN EMPOWERMENT 6:30PM - 7:30PM	- -	MASTERCYCLE 6:00PM - 7:30PM	- -	- -	- -