



GRACIE JIU-JITSU®

INDIANAPOLIS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Combatives 11:00am-12:00pm		Gracie Combatives 11:00am-12:00pm	Women Empowered 11:00am-12:00pm	Private Classes Available	Women Empowered 10:00am-11:00am
Master Cycle 12:00pm-1pm	Junior Grapplers (ages 7-12) 5:30pm-6:20pm	Master Cycle 12:00pm-1pm	Junior Grapplers (ages 7-12) 5:30pm-6:20pm		Master Cycle 11:00am-12:00am
Little Champs (5-7) 5:30pm-6:20pm	Gracie Combatives 6:30pm-7:30pm	Little Champs (5-7) 5:30pm-6:20pm	Master Cycle 6:30pm-7:30pm		Master Cycle Sparring 12:00am-12:30pm
Reflex Development 7:00pm-8:00pm	Master Cycle 7:30pm-8:30pm	Women Empowered 6:30pm-7:30pm	Master Cycle Sparring 7:30pm-8:00pm		Gracie Combatives 12:30pm - 1:30pm
Gracie Combatives 8:00pm -9:00pm	Master Cycle Sparring 8:30pm-9:00pm		Gracie Combatives 8:00pm-9:00pm		

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Instagram @Gracienorthindy / Facebook Gracie Jiu Jitsu-North Indy

www.gracienorthindy.com