



## Gracie Humaita Conroe Class Schedule

Day	Class & Time	Class & Time	Class & Time	Class & Time
Monday		<b>5 PM - 6 PM</b> Kids BJJ GI  Women's Self-Defense	<b>6 PM – 7 PM</b> Adults Fundamentals BJJ GI  Muay Thai	<b>7 PM – 8 PM</b> Advanced BJJ GI
Tuesday	<b>10 AM - 12 PM</b> Adults Fundamentals BJJ GI			
Wednesday		<b>5 PM - 6 PM</b> Kids BJJ GI  Women's Self-Defense	<b>6 PM – 7 PM</b> Adults Fundamentals BJJ GI  Muay Thai	<b>7 PM – 8 PM</b> Advanced BJJ GI
Thursday	<b>10 AM - 12 PM</b> Adults Fundamentals BJJ GI			
Friday		<b>5 PM – 6 PM</b> Kids BJJ GI Adults  Fundamentals BJJ NOGI  Advanced BJ NOGI	<b>6 PM – 7 PM</b> Judo	<b>7 PM – 8 PM</b> Open Mat
Saturday	<b>10 AM – 12 PM</b> Open Mat			