



# Gracie Jiu-Jitsu Redwood City

701 Arguello Street, Redwood City, CA

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(650)503-8765

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9 AM						Women / Teen Girls Self-Defense <b>No GI</b> (13 years old and up)
9-10 AM	Conditioning (Men/Women)		Conditioning (Men/Women)			Kids <b>BJJ – NO GI</b> (7-10 Years Old)
10-11 AM	Women Self-Defense		Women Self-Defense			Kids <b>BJJ – NO GI</b> (11-15 Years Old)
11-12:30 PM	BJJ All Belts <b>(*)</b>		BJJ All Belts			BJJ All Belts
1-2 PM						
2-3 PM						
4-5 PM	Kids BJJ (4-6 Years Old)	Kids BJJ (7-10 Years Old)	Kids BJJ (4-6 Years Old)	Kids BJJ (7-10 Years Old)		
5-6PM	Kids BJJ (7-10 Years Old)	Kids BJJ (11-15 Years Old)	Kids BJJ (7-10 Years Old)	Kids BJJ (11-15 Years Old)		
6-7PM	Teen Girls Self Defense (13-17 Years Old)	BJJ Beginners Class	Teen Girls Self Defense (13-17 Years Old)	BJJ Beginners Class		
	Women Only BJJ All Belts (16 Years Old And Up)		Women Only BJJ All Belts (16 Years Old And Up)			
7-8:30PM	BJJ All Belts	BJJ All Belts	BJJ All Belts	<b>BJJ – NO GI</b> All Belts		

**(\*) Free Class for RWC Law Enforcement every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 11am.**