



# 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 No GI (13 Years Old And Up)
9-10AM						Kids BJJ – NO GI (7-10 Years Old)
10-11AM						Kids BJJ – NO GI (11-15 Years Old)
11-12:30PM	BJJ All Belts (*)		BJJ All Belts			BJJ All Belts
1-2PM						
2-3PM						
4-5PM	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	BJJ – NO GI All Belts		

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