



Gracie Gym Richardson

Brazilian Jiu-Jitsu / Self Defense
819 W Arapaho Rd Richardson, TX 75080

Call today to schedule an introductory class!

469 - 904 - 0677

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL LEVELS 6-7am Monday/Wednesday/Friday					Silver Eagles 9:15 - 10am
PRIVATE TRAINING 9am - 12pm Schedule your private lesson TODAY!					Golden Eagles 10 - 11am
					All Levels 11am - 12:30pm
All Levels 12 - 1pm	All Levels 12 - 1pm	All Levels 12 - 1pm	All Levels - NO GI 12 - 1pm	Muay Thai 12-1pm	ALSO AVAILABLE: - Birthday parties - Seminars - Group Events - Team Building Events Call to schedule today! 469-904-0677
PRIVATE TRAINING 2 - 5pm	PRIVATE TRAINING 2 - 4pm	PRIVATE TRAINING 2 - 6pm	PRIVATE TRAINING 2 - 3pm	All Levels - MMA Class 1-2pm	
			All Levels - NO GI 3 - 4pm		
			Silver Eagles 4:15 - 5pm		
Silver Eagles 5:15 - 6pm	Golden Eagles 5 - 6pm		Silver Eagles 4:15 - 5pm		
Golden Eagles 6 - 7pm	All Levels - NO GI 6 - 7pm	Golden Eagles 6 - 7pm	All Levels - NO GI 6 - 7pm	All Levels - Drills 6 - 7pm	
All Levels 7 - 8pm	Muay Thai 7 - 8pm	All Levels 7 - 8pm	Muay Thai 7 - 8pm		

Ages 3 - 6	Silver Eagles	Silver Eagles introduces the basics of BJJ through the use of drills and games while starting to develop discipline and respect.
Ages 7 - 12	Golden Eagles	A complete BJJ program for kids emphasizing the importance of takedowns, position and submissions for competition or self defense!
Ages 13+	All Levels	Brazilian Jiu Jitsu for white belts thru Black belts - adapted to your level.
	BJJ Drills	Develop muscle memory with a full class of drills!
	Muay Thai	Basic Striking/Kicking with the use of gloves and pads with UFC Fighter Ryan "Babyface" Benoit.
	MMA Class	Striking and Grappling.



@GracieGymRichardson

www.GracieGymRichardson.com