



# 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  | Sunday                           |
|---|---|---|---|-------------------------------------|---|----------------------------------|
| All Levels<br>6 - 7am   |   | All Levels<br>6 - 7am                         |   | All Levels<br>6 - 7am               | Silver Eagles<br>9:15 - 10am  | Open Mat - All Levels<br>2 - 3pm |
| <b>PRIVATE TRAINING</b> 7 - 8am Schedule your private lesson TODAY! |   |   |   | <b>PRIVATE TRAINING</b><br>7 - 11am | Golden Eagles<br>10 - 11am  |                                  |
| Competition Training<br>9:30 - 11am                                 | Competition Training<br>9:30 - 11am     | Competition Training<br>9:30 - 11am           | Competition Training<br>9:30 - 11am     |                                     | All Levels<br>11am - 12pm   |                                  |
| All Levels<br>12 - 1pm  | All Levels<br>12 - 1pm                  | All Levels<br>12 - 1pm                        | All Levels - <b>NO GI</b><br>12 - 1pm   | Wrestling / Takedowns<br>12-1pm     | Muay Thai<br>12:30 - 1:30pm   |                                  |
| <b>PRIVATE TRAINING</b><br>1 - 4pm                                  | <b>PRIVATE TRAINING</b><br>1 - 4pm      | <b>PRIVATE TRAINING</b><br>1 - 4pm            | <b>PRIVATE TRAINING</b><br>1 - 4pm      | All Levels - MMA Class<br>1-2pm     | <b>ALSO AVAILABLE:</b><br>- Birthday parties<br>- Seminars<br>- Group Events<br>- Team Building Events<br><br><b>Call to schedule today!</b><br><b>469-904-0677</b><br><a href="mailto:contact.us@graciegymrichardson.com">contact.us@graciegymrichardson.com</a> |                                  |
| Silver Eagles<br>5 - 5:45pm   | Silver Eagles<br>5 - 5:45pm             | Silver Eagles - <b>NO GI</b><br>5 - 5:45pm    | Silver Eagles<br>5 - 5:45pm             | <b>PRIVATE TRAINING</b><br>2 - 5pm  |   |                                  |
| Golden Eagles<br>5:45 - 6:45pm                                      | Golden Eagles<br>5:45 - 6:45pm          | Golden Eagles - <b>NO GI</b><br>5:45 - 6:45pm | Golden Eagles<br>5:45 - 6:45pm          | BJJ Drills<br>6 - 7pm               |   |                                  |
| Fundamentals<br>7 - 8pm   | All Levels - <b>GI/NO GI</b><br>7 - 8pm | Fundamentals<br>7 - 8pm                       | All Levels - <b>GI/NO GI</b><br>7 - 8pm | <b>PRIVATE TRAINING</b><br>7 - 8pm  |   |                                  |
| Advanced<br>8 - 9pm   | Muay Thai<br>8 - 9pm                    | Advanced<br>8 - 9pm                           | Muay Thai<br>8 - 9pm                    |                                     |   |                                  |

|              |                          |  |
|--------------|--------------------------|--|
| 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 - 10  | Golden Eagles            | A complete BJJ program for kids emphasizing the importance of takedowns, position and submissions for competition or self defense! |
| Ages 11 - 15 | Teens                    | A complete BJJ program for kids emphasizing the importance of takedowns, position and submissions for competition or self defense! |
| Ages 16+     | All Levels               | Brazilian Jiu Jitsu for white belts thru Black belts - adapted to your level.  |
|              | Advance BJJ              | Minimum Recommended Rank: White Belt, 3 Stripes.   |
|              | Fundamentals/ BJJ Drills | Brazilian Jiu Jitsu focused on beginner level techniques/ 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.                                    |
|              | Wrestling/Takedowns      | Wrestling/Takedowns with UFC Fighter Ryan "Babyface" Benoit, Nogi.   |
|              | MMA Class                | Striking and Grappling with UFC fighter Ryan "Babyface" Benoit.  |



@GracieGymRichardson

[www.GracieGymRichardson.com](http://www.GracieGymRichardson.com)