



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

TIME	Mat	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday				
6-7am	Mat 1	All Levels		All Levels		All Levels						
9-10am	Mat 1	Competition Training	Competition Training		Competition Training		Silver Eagles					
10-11am	Mat 1	Competition Training	Competition Training		Competition Training		Golden Eagles/Teens					
	Mat 2	PRIVATE TRAINING						Gracie Fit				
11-12pm	Mat 1										Advanced	
	Mat 2										Fundamentals	
12-1pm	Mat 1	All Levels	All Levels	All Levels	No Gi	Judo Class						
2-3pm	Mat 1							Open Mat				
3:30-4:30pm	Mat 1		All Levels		All Levels							
5-5:45pm	Mat 1	Silver Eagles	Silver Eagles	Silver Eagles	Silver Eagles							
5:45-6:45pm	Mat 1	Golden Eagles/Teens	Golden Eagles/Teens	Golden Eagles/Teens	Golden Eagles/Teens	All Levels						
	Mat 2	Competition Kids	Fundamentals	Competition Kids	Fundamentals							
7-8pm	Mat 1	Fundamentals	All Levels	Fundamentals	All Levels							
	Mat 2	Advanced	No Gi	Advanced	No Gi							
8-9pm	Mat 1	Open Mat	Open Mat	Open Mat	Open Mat							
	Mat 2		Muay Thai		Muay Thai							

ALSO AVAILABLE:

- Birthday parties
- Seminars
- Group Events
- Team Building Events

Call to schedule today!

469-904-0677

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+	Gracie Fit	Combination of Strength and mobility class, great for recovery.
	All Levels	Brazilian Jiu Jitsu for white belts thru Black belts - adapted to your level.
	Advanced	Minimum Recommended Rank: White Belt, 3 Stripes.
	Fundamentals	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.
	Judo Class	Judo classes with Geronimo Saucedo - International Competitor TEAM USA