



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