



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	Self Defense 1:30 - 2pm
PRIVATE TRAINING 9 - 11am Schedule your private lesson TODAY!					Golden Eagles 10 - 11am	Open Mat - All Levels 2 - 3pm
Competition Class 11 - 12pm	Competition Class - NO GI 11 - 12pm	Competition Class 11 - 12pm	Competition Class - NO GI 11 - 12pm		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	ALSO AVAILABLE: - Seminars - Group Events - Team Building Events Call to schedule today! 469-904-0677 contact.us@graciegymrichardson.com	
PRIVATE TRAINING 2 - 5pm	PRIVATE TRAINING 2 - 4pm	PRIVATE TRAINING 2 - 6pm	PRIVATE TRAINING 2 - 4pm	All Levels - MMA Class 1-2pm		
	Silver Eagles 4:15 - 5pm		Silver Eagles 4:15 - 5pm			
Silver Eagles 5:15 - 6pm	Golden Eagles 5 - 6pm	Silver Eagles - NO GI 5:15 - 6pm	Golden Eagles 5 - 6pm			
Golden Eagles 6 - 7pm	All Levels - NO GI 6 - 7pm	Golden Eagles - NO GI 6 - 7pm	All Levels - NO GI 6 - 7pm	BJJ Drills 6 - 7pm		
Advanced 7 - 8pm	Muay Thai 7 - 8pm	Advanced 7 - 8pm	Muay Thai 7 - 8pm			
Fundamentals 8 - 9pm		Fundamentals 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 - 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.
	Advance BJJ	Minimum Recommended Rank: White Belt, 3 Stripes.
	Fundamentals	Brazilian Jiu Jitsu focused on beginner level techniques.
	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.
	Wrestling/Takedowns	Wrestling/Takedowns with UFC Fighter Ryan "Babyface" Benoit, Nogi.
	MMA Class	Striking and Grappling with UFC fighter Ryan "Babyface" Benoit.
	Self Defense	Fundamentals self defense techniques for all levels.



@GracieGymRichardson

www.GracieGymRichardson.com