



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday	
6-7am	All Levels		All Levels		All Levels			
9:15-10am	PRIVATE TRAINING					Silver Eagles		
10-11am						Golden Eagles/Teens	No Gi	
11-12pm						Beginners	Advanced	
12-1pm	All Levels	No Gi	All Levels	No Gi	All Levels	No Gi	No Gi	
2-3pm							Open Mat	
5-5:45pm	Silver Eagles		Silver Eagles		Silver Eagles - NO GI		Silver Eagles	
5:45-6:45pm	Golden Eagles/Teens	Advanced Kids	Golden Eagles/Teens	Golden Eagles/Teens - NO GI	Advanced Kids - NO GI	Golden Eagles/Teens		
6-7pm		Beginners			Beginners		All Levels	
7-8pm	Beginners	Advanced	Advanced	No Gi	Beginners	Advanced	Advanced	No Gi
8-9pm	No Gi	Open Mat	Open Mat		No Gi	Open Mat	Open Mat	

ALSO AVAILABLE:

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

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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.
	Advanced	Minimum Recommended Rank: Blue Belt.
	No Gi	Minimum Recommended Rank: White Belt, 2 stripes.
	Beginners	Brazilian Jiu Jitsu focused on beginner level techniques/ Develop muscle memory with a full class of drills!



@GracieGymRichardson

www.GracieGymRichardson.com



contact.us@graciegyrichardson.com