

## 2020/2021 6 Levels Orlando Schedule

### MONDAY

9:00-10:30am  
4:30-5:00pm  
5:00-5:55pm  
6:00-6:55pm  
6:00-7:30pm

### RED MAT

Adult Gracie Jiu-Jitsu  
Mighty Mites  
Youth Jiu-Jitsu  
  
Adult Gracie Jiu-Jitsu

### BLACK MAT

Teens Jiu-Jitsu

### TUESDAY

9:00-10:30am  
5:00-5:55pm  
6:00-6:55pm  
6:00-7:30pm

### RED MAT

Adult Gracie Jiu-Jitsu  
Youth Jiu-Jitsu  
Young Adult Jiu-Jitsu

### BLACK MAT

Adult Gracie Jiu-Jitsu

### WEDNESDAY

9:00-10:30am  
4:30-5:00pm  
5:00-5:55pm  
6:00-6:55pm  
6:00-7:30pm

### RED MAT

Adult Gracie Jiu-Jitsu  
Mighty Mites (2-4)  
Youth + Teens (Boxing)  
Comp Team  
Adult Gracie Jiu-Jitsu

### BLACK MAT

### THURSDAY

9:00-10:30am  
5:00-5:55pm  
6:00-6:55pm  
6:00-7:30pm

### RED MAT

Adult Gracie Jiu-Jitsu  
Youth Jiu-Jitsu  
Young Adult Jiu-Jitsu

### BLACK MAT

Adult Gracie Jiu-Jitsu

### FRIDAY

9:00-10:30am

### RED MAT

Adult Gracie Jiu-Jitsu

### BLACK MAT

### SATURDAY

9:00-10:00am  
10:00-11:00am  
10:00-11:00am  
(MMA)

### RED MAT

Youth + Teens (Full Striking)  
Comp Team

### BLACK MAT

Adult Gracie Jiu-Jitsu

## **ATTIRE / HYGIENE**

### **ADULT GRACIE JIU-JITSU**

**Gi classes require a 6 Levels Orlando Gi top and a bottom plus your belt**

**No Gi Jiu-Jitsu classes require a 6 Levels Orlando gym shirt and either shorts or gi pants**

Striking classes require boxing gloves, shin pads, headgear, mouthpieces and a gym t-shirt

Tactical Jiu-Jitsu™ or TJJ™ classes require a gym approved shirt and shorts or gi pants

### **YOUTH / YOUNG ADULT GRACIE JIU-JITSU**

**Monday and Tuesday require a 6 Levels Orlando Gi top and bottom, belt and mouthpiece**

**Wednesday** Drills classes require mouthpiece, gym shirt, shorts or gi pants

**Thursday** No Gi classes require a mouthpiece, gym shirt, shorts or gi pants

**Saturday** Saturday Full Striking Classes require mouth piece, gym shirt, boxing gloves, head gear, shin pads.

### **CLASS BREAKDOWNS**

- Mighty Mites (MM) = Ages 2 - 4
- Youth Jiu-Jitsu = Ages 4.5 - 9
- Young Adult Jiu-Jitsu = Ages 10 - 14
- Adult Gracie Jiu-Jitsu

### **CONTACT INFORMATION**

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**ALL BILLING INQUIRIES MUST BE E-MAILED TO:**

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