

# ROYCE GRACIE JIU-JITSU ACADEMY RALEIGH, NORTH CAROLINA

Monday	Tuesday	Wednesday	Thursday	Friday
			6:00 AM – 7:00 AM 360 Level 1 JJ 7:00 AM – 7:30 AM Sparring	6:00 AM – 7:00 AM 360 Level 1 JJ 7:00 AM – 7:30 AM Sparring
12:00 PM – 1:00 PM 360 Level 1 JJ 1:00 PM – 1:30PM Sparring	12:00 PM – 1:00 PM Mixed Level JJ 1:00 PM – 1:30PM Sparring	12:00 PM – 1:00 PM 360 Level 1 JJ 1:00 PM – 1:30PM Sparring	12:00 PM – 1:00 PM 360 Level 2 JJ 1:00 PM – 1:30PM Sparring	12:00 PM – 1:00 PM 360 Level 1 JJ 1:00 PM – 1:30PM Sparring
5:30 PM – 6:30 PM 360 Level 1 JJ	5:30 PM – 6:30 PM 360 Level 2 JJ	5:30 PM – 6:30 PM 360 Level 1 JJ	5:30 PM – 6:30 PM 360 Level 2 JJ	5:30 PM – 6:30 PM Mixed Level JJ
5:30 PM – 6:30 PM Kids JJ – Back Mat	5:30 PM – 6:30 PM Kids JJ – Back Mat	5:30 PM – 6:30 PM Kids JJ – Back Mat	5:30 PM – 6:30 PM Kids JJ – Back Mat	5:30 PM – 6:30 PM Kids Kickboxing – Back Mat
6:30 PM – 7:30 PM Kickboxing	6:30 PM – 7:30 PM 360 Level 1 JJ	6:30 PM – 7:30 PM Grapple/Strike	6:30 PM – 7:30 PM 360 Level 1 JJ	6:30 PM – 8:00 PM Judo
6:30 PM – 7:30 PM Judo – Back Mat	6:30 PM – 7:30 PM Kickboxing – Back Mat		6:30 PM – 7:30 PM Kickboxing – Back Mat	
7:30 PM – 8:30 PM Mixed Level JJ 8:30 PM – 9:00 PM Sparring	7:30 PM – 8:30 PM No-Gi Mixed Level JJ 8:30 PM – 9:00 PM No-Gi Sparring	7:30 PM – 8:30 PM 360 Level 2 JJ 8:30 PM – 9:00 PM Sparring	7:30 PM – 9:00 PM Colored Belts *RBA Class	
7:30 PM – 8:30 PM Kickboxing – Back Mat	7:30 PM – 8:30 PM Kickboxing – Back Mat	7:30 PM – 8:30 PM Kickboxing – Back Mat	7:30 PM – 9:00 PM CountryFit – Back Mat	

In order to attend any of the sparring sessions, you must attend the class that proceeds it.

All 360 Level 1 Classes are open to everyone

360 Level 2 and Mixed Level Require a stripe or an invite from Billy the Head Instructor

RBA Class – Reality Based Applications Class