

SCHEDULE

GRACIE HUMAITA BEAUMONT

SCHEDULE IS SUBJECT TO CHANGE*

Kids: 4-8 • Juniors: 9-12 • Adults: 13+

MODIFIED AGE

MAT A

MAT B

MONDAY

6:00-7:00 AM: Yoga

9:00-10:15 AM: Adult Jiu-Jitsu

4:00-4:50 PM: Kids Jiu-Jitsu **4-5**

5:00-5:50 PM: Kids Jiu-Jitsu

5:55-7:00 PM: Juniors Jiu-Jitsu

7:00-8:20 PM: Adult Jiu-Jitsu

TUESDAY

6:00-7:00 AM: Adult Jiu-Jitsu

9:00-10:15 AM: Basics Adult Jiu-Jitsu

4:00-4:50 PM: Kids Jiu-Jitsu **4-5**

5:00-5:50 PM: Kids Jiu-Jitsu

5:55-7:00 PM: Juniors Jiu-Jitsu

7:00-8:20 PM: Adult Jiu-Jitsu

WEDNESDAY

6:00-7:00 AM: Adult Jiu-Jitsu

9:00-10:15 AM: No-Gi Adult Jiu-Jitsu

5:00-5:50 PM: Kids Wrestling

6:00-6:50 PM: Junior Wrestling

7:00-8:20 PM: No-Gi Adult BJJ/Wrestling ●

7:00-8:20 PM: Women Gi Jiu-Jitsu ●

THURSDAY

6:00-7:00 AM: Adult Jiu-Jitsu

9:00-10:15 AM: Basics Adult Jiu-Jitsu

4:00-4:50 PM: Kids Jiu-Jitsu **4-5**

5:00-5:50 PM: Kids Jiu-Jitsu

5:55-7:00 PM: Juniors Jiu-Jitsu

7:00-8:20 PM: Adult Jiu-Jitsu

FRIDAY

9:00-10:15 AM: Gi & No-Gi Adult Sparring Only

5:00-5:50 PM: No-Gi Kids Jiu-Jitsu

5:55-7:00 PM: No-Gi Juniors Jiu-Jitsu

7:00-8:00 PM: Gi & No-Gi Adult Sparring Only

SATURDAY

9:00-10:30 AM: Adult Jiu-Jitsu




CONTACT INFO

GRACIE HUMAITA BEAUMONT

SOCIAL MEDIA

-  @graciebeaumont.ca
-  @graciehumaitabeaumont
-  @Gracie Humaita Beaumont
-  www.graciebeaumont.com

CONNECT WITH US!

-  909.253.3621
-  GracieBeaumont.ca@gmail.com
-  770 E. 6th St. • Ste # D

**REGISTER FOR
FREE TRIAL**

