



ROGER GRACIE ACADEMY MOORGATE

TIME TABLE 5.0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00 AM FUNDAMENTAL	07:00 AM ALL LEVELS	06:45 AM FUNDAMENTAL	07:00 AM ALL LEVELS	06:45 AM FUNDAMENTAL	
-	-	-	-	-	10:00 AM KIDS / TEENS
11:15 AM BEGINNERS	12:15 PM FUNDAMENTAL	07:45 AM BEGINNERS			-
-	-	-	12:15 PM FUNDAMENTAL	07:45 AM NOGI	11:00 AM BEGINNERS
12:15 PM ALL LEVELS	04:30 PM KIDS / TEENS	12:15 PM ALL LEVELS	-	-	12:00 PM SPARRING
-	-	04:30 PM KIDS / TEENS	04:30 PM KIDS / TEENS	12:15 PM ALL LEVELS	
05:30 PM BEGINNERS	05:30 PM FUNDAMENTAL	05:30 PM BEGINNERS	05:30 PM FUNDAMENTAL	-	
-	-	-	-		
06:15 PM INTERMEDIATE	06:30 PM NOGI	06:15 PM INTERMEDIATE	06:30 PM NOGI	05:30 PM FUNDAMENTAL	

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INTROS - 1 AND 2: (THIS CLASS WAS DESIGNED FOR THE PEOPLE WHO NEVER TRIED GRACIE JIU JITSU BEFORE AND HAVE NO EXPERIENCE IN A GRAPPLE MARTIAL ART)

BEGINNERS: (WHITE BELTS ONLY CLASS, 0 AND 3 STRIPES)

FUNDAMENTALS: (THE PEOPLE DID THE INTRO 1 AND 2, OR NEVER TRIED GRACIE JIU-JITSU BEFORE OR HAVE SOME EXPERIENCE IN A GRAPPLE MARTIAL ART)

INTERMEDIATE: (THE STUDENT GOT THREE STRIPES ABOVE - WHITE TO BLACK BELT.)

NO GI: (WHITE TO BLACK BELT)