

# Boulder Grappling Academy Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00am						
10:00-11:00am						<b>Capoeira</b>
11:00am-1:00pm	<b>Gracie Jiu Jitsu</b>	Open Mat	<b>Gracie Jiu Jitsu</b>	Open Mat	<b>Gracie Jiu Jitsu</b>	Open Mat
3:30-4:30pm						
4:30-5:25pm	<b>Kid's Capoeira</b>	<b>Gracie Jiu Jitsu 10-14yrs</b>	<b>Kid's Capoeira</b>	<b>Gracie Jiu Jitsu 10-14yrs</b>	<b>Kid's Capoeira</b>	
5:35-6:25	<b>Gracie Jiu Jitsu Fundamentals</b>	<b>Gracie Jiu Jitsu Fundamentals</b>	<b>Gracie Jiu Jitsu Fundamentals</b>	<b>Gracie Jiu Jitsu Fundamentals</b>	<b>Gracie Jiu Jitsu Fundamentals</b>	
6:30-7:30	<b>Gracie Jiu Jitsu</b>	<b>Gracie Jiu Jitsu</b>	<b>Gracie Jiu Jitsu</b>	<b>Gracie Jiu Jitsu</b>	<b>Capoeira</b>	
7:30-9:00pm	<b>Capoeira</b>	Takedowns/ Open Mat	<b>Capoeira</b>	Open Mat		