



RENZO GRACIE PONCE
BRAZILIAN JIU-JITSU

Class Schedule

We're in Los Caobos!
next to Sherwin Williams Paints

**1674 Los Caobos Industrial Park,
Local 6. Ponce, PR 00716**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:30 pm Jiu-Jitsu Fundamentals + No-Gi Grappling 5:00 - 5:50 pm Kids Jiu-Jitsu 6:00 - 7:00 pm Jiu-Jitsu Fundamentals 7:00 - 8:00 pm No-Gi Grappling	11:00 - 12:30 pm Jiu-Jitsu Fundamentals + No-Gi Grappling 5:00 - 5:50 pm Kids No-Gi Grappling 6:00 - 7:00 pm No-Gi Grappling 7:00 - 8:00 pm Jiu-Jitsu Fundamentals	6:00 - 7:00 pm Competition Class	6:00 - 7:00 pm Jiu-Jitsu Fundamentals 7:00 - 8:00 pm No-Gi Grappling	11:00 - 12:30 pm Jiu-Jitsu Fundamentals + No-Gi Grappling 5:00 - 5:50 pm Kids No-Gi Grappling 6:00 - 7:00 pm No-Gi Grappling 7:00 - 8:00 pm Jiu-Jitsu Fundamentals	10:00 - 10:50 am Kids Jiu-Jitsu 11:00 - 12:30 pm Open Mat	No Classes

PROGRAMS

Jiu-Jitsu Fundamentals: Adults + Teens age 13+, All levels welcome. This is where you build your foundation of Brazilian Jiu-Jitsu. All other skills will build upon the foundation you develop in this program.

No-Gi Grappling: Adults + Teens, age 13+, Three-stripe minimum on white belt, This class focuses on No-Gi Grappling competition with an emphasis on takedowns and submission grappling.

Kids Jiu-Jitsu: Children ages 5 - 12, All levels welcome. Your child will develop the foundational skills of Jiu-Jitsu using the traditional uniform known as the Gi. Practice is disguised using fun and challenging games. Classes are split up amongst size and skill level.

Kids No-Gi Grappling: Children ages 5 - 12, All levels welcome. We'll build the foundational skills of Jiu-Jitsu through fun practice and play, but without using the traditional uniform (Gi). Classes are split up amongst size and skill level.

Important/Requirements

*Arrive on time with clean attire for every class.

*Upon arrival, wash your hands.

*If you feel ill, do not come to class.