



**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 am - 12:30 pm All Level Jiu-Jitsu + No-Gi Grappling	11:00 am - 12:30 pm All Level Jiu-Jitsu + No-Gi Grappling	7:00 - 8:30pm Open Mat	11:00 am - 12:30 pm All Level Jiu-Jitsu + No-Gi Grappling	11:00 am - 12:30 pm All Level Jiu-Jitsu + No-Gi Grappling	9:00 - 9:50 am Kids + Teens No-Gi	No Classes
4:30 - 5:20 pm Kids + Teens Jiu-Jitsu	4:30 - 5:20 pm Kids + Teens No-Gi		4:30 - 5:20 pm Kids + Teens No-Gi	4:30 - 5:20 pm Kids + Teens Jiu-Jitsu	10:00 - 11:00 am Kids + Teens Jiu-Jitsu	
6:00 - 7:00 pm Jiu-Jitsu Fundamentals	7:00 - 8:30 pm All Levels Jiu-Jitsu + No-Gi Grappling		7:00 - 8:30 pm All Levels Jiu-Jitsu + No-Gi Grappling	6:00 - 7:00 pm Jiu-Jitsu Fundamentals	11:00 am - 12:30 pm Open Mat	
7:00 - 8:15 pm No-Gi Grappling				7:00 - 8:15 pm No-Gi Grappling		

## PROGRAMS

**Jiu-Jitsu Fundamentals:** Adults + Teens Age 14+, This class is where the beginning student builds their foundation of Brazilian Jiu-Jitsu. All other skills will build upon the skills you develop in this program.

**All Levels Jiu-Jitsu:** Adults + Teens Age 14+, All levels may attend this class where you will build your Jiu-Jitsu skills through practical goal-oriented exercises to help you build your well-rounded grappling style.

**No-Gi Grappling:** Adults + Teens, Age 14+, Three-stripe minimum on white belt, This class focuses on No-Gi Grappling competition.

**Kids + Teens Jiu-Jitsu:** Ages 5 - 13, We'll build the foundational skills of Jiu-Jitsu through fun practice and play, Classes are split up amongst size and skill level.

**Kids + Teens No-Gi:** Ages 5 - 13, 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 with clean attire for every class.

\*Upon arrival, wash your hands.

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