



# CLASS SCHEDULE

## Okinawan Karate School/ Royce Gracie Jiu-jitsu

Effective March 2009



	MON	TUE	WED	THUR	FRI	SAT	SUN
	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :
9:00 AM	:	:	:	:	:	<b>Tigers</b> 9:00 - 9:50	<b>MMA</b> 9:00 - 10:30
	:	V	:	V	:		
	:		:		:		
10:00 AM	:	<b>Uechi</b> 10:00 - 11:15	V	<b>Uechi</b> 10:00 - 11:15	V	<b>Uechi</b> 10:00 - 11:15	
	:		<b>Gracie</b> 10:30 - 11:45		<b>Gracie</b> 10:30 - 11:45		
	:						<b>Gracie</b> 10:35 - 12:00
11:00 AM	:						
	V					<b>Dragons</b> 11:30 - 12:30	
12:00 PM							
	<b>Uechi</b> 12:00 - 1:00	<b>Cranes</b> 12:30 - 1:05	<b>Uechi</b> 12:00 - 1:00				Private Instruction :
						<b>Cranes</b> 12:45 - 1:20	V
1:00 PM							
2:00 PM							<b>Seminars / Testing</b>
3:00 PM	V	V	V	V	V		
4:00 PM							
	<b>Jr. Tigers</b> 4:00 - 4:45	<b>Tigers</b> 4:00 - 4:50	<b>Dragons</b> 4:00 - 5:00	<b>Dragons</b> 4:00 - 5:00	<b>Teens</b> 4:00 - 5:00		
5:00 PM							
	<b>Tigers</b> 5:00 - 5:50	<b>Dragons</b> 5:00 - 6:00	<b>Jr. Tigers</b> 5:15 - 6:00	<b>Tigers</b> 5:15 - 6:05	<b>Dragons</b> 5:10 - 6:10		
6:00 PM							
	<b>Teens</b> 6:00 - 7:00	<b>Uechi</b> 6:15 - 7:30	<b>Teens</b> 6:15 - 7:15	<b>Uechi</b> 6:15 - 7:30	<b>Uechi</b> 6:15 - 7:30		
7:00 PM							
	<b>Gracie</b> 7:15 - 8:30	<b>Gracie</b> 7:40 - 9:00	<b>MMA</b> 7:30 - 9:00	<b>Gracie</b> 7:40 - 9:00	<b>MMA</b> 7:35 - 9:00		
8:00 PM							
9:00 PM							

**Class Key**

**Youth Karate**

**Cranes** - Ages 3-5  
**Jr. Tigers** - Ages 5-6  
**Tigers** - Ages 6-8  
**Dragons** - Ages 9-11  
**Teens** - Ages 12-13

**Uechi**

**Uechi-Ryu Karate**  
 Age 13 min.  
**Advanced** - Scheduled

**Gracie**

**Gracie Jiu-jitsu**  
 Age 10 min.

**MMA**

**MMA/ Vale Tudo**  
 Age 12 min.

**Private Instruction**  
 Scheduled with Instructors