



ROYCE GRACIE ACADEMY OF THE TRIAD

Royce Gracie Academy of the Triad
901 Norwalk Street, Suite F,
Greensboro, NC 27407
336-207-7706

NEW SCHEDULE STARTING JUNE 1, 2019

**Private Lessons are by Appointment ONLY*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM - 10AM	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	CLOSED
10AM - 11AM	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	CLOSED
11AM - 12PM	RG 360 - FUNDAMENTALS	NO GI JIU JITSU	RG 360 - FUNDAMENTALS	NO GI JIU JITSU	JIU JITSU GI - ALL LEVELS	OPEN MAT	CLOSED
12PM - 1PM	ADVANCED JIU JITSU - GI	RG 360 - FUNDAMENTALS	ADVANCED JIU JITSU - GI	RG 360 - FUNDAMENTALS	DRILLING/SPARRING	OPEN MAT	CLOSED
1PM - 2PM	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN / PRIVATE LESSONS	CLOSED
2PM - 3PM	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	CLOSED
3PM - 4PM	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	CLOSED
5PM - 6PM	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	OPEN / PRIVATE LESSONS	CLOSED
6PM - 7PM	KIDS NO GI JIU JITSU	KIDS GRACIE JIU JITSU	KIDS NO GI JIU JITSU	KIDS GRACIE JIU JITSU	KIDS DRILLING/SPARRING	CLOSED	CLOSED
7:15PM - 8:15PM	RG 360 - FUNDAMENTALS	NO GI JIU JITSU	RG 360 - FUNDAMENTALS	NO GI JIU JITSU	JIU JITSU GI - ALL LEVELS	CLOSED	CLOSED
8:15PM - 9:15PM	ADVANCED JIU JITSU - GI	RG 360 - FUNDAMENTALS	ADVANCED JIU JITSU - GI	RG 360 - FUNDAMENTALS	DRILLING/SPARRING	CLOSED	CLOSED

	NEW CLASSES		NO CHANGE
	OPEN/PRIVATE LESSONS*		CLOSED