

RALPH GRACIE JIU-JITSU ACADEMY, SAN FRANCISCO

(updated 8/26/21)

	MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00 am	Jiu-Jitsu All Levels 7:00 am	Jiu-Jitsu All Levels 7:00 am		Jiu-Jitsu All Levels 7:00 am	Jiu-Jitsu All Levels 7:00 am	Jiu-Jitsu All Levels 7:00 am			
7:30 am									
8:00 am							Striking All Levels 8:00 am		
8:30 am									
9:00 am							Jiu-Jitsu All Levels 9:00 am		
9:30 am						Intro to Jiu-Jitsu Prospects only 9:30am			
10:00 am		Striking: Boxing focus All Levels 10:00 am			Striking: Muay-Thai focus All Levels 10:00 am				
10:30 am									
11:00 am	Jiu-Jitsu All Levels 11:00 am	Jiu-Jitsu COMPETITION 11:00 am		Jiu-Jitsu All Levels 11:00 am	Jiu-Jitsu COMPETITION 11:00 am	Jiu-Jitsu All Levels 11:00 am			
11:30 am									
12:00 pm									
4:00 pm	Conditioning All Levels 4:15 pm	Intro to Jiu-Jitsu Prospects only 4:00 pm	Jiu-Jitsu KIDS 4:00 pm	Conditioning All Levels 4:15 pm	Jiu-Jitsu KIDS 4:00 pm	Conditioning All Levels 4:15 pm			
4:30pm									
5:00 pm	Jiu-Jitsu Fundamentals 5:00pm	NoGi No beginners 5:00 pm		Jiu-Jitsu Fundamentals 5:00pm	NoGi No beginners 5:00 pm	Jiu-Jitsu Fundamentals 5:00pm			
5:30 pm									
6:00 pm		Jiu-Jitsu Intermediate 6:00 pm	Sparring Intermediate 6:00 pm	Striking All Levels 6:00 pm	Jiu-Jitsu Intermediate 6:00 pm	Sparring Intermediate 6:00 pm	Striking All Levels 6:00 pm	Sparring Intermediate 6:00 pm	
6:30 pm									
7:00 pm	Jiu-Jitsu WOMEN 6:30 pm	Sparring Intermediate 7:00 pm	Jiu-Jitsu Fundamentals 7:00 pm		Jiu-Jitsu WOMEN 6:30 pm	Sparring Intermediate 7:00 pm	Jiu-Jitsu Fundamentals 7:00 pm		Jiu-Jitsu WOMEN 6:30 pm
7:30 pm									

Adults Jiu-Jitsu Program: Jiu-Jitsu, Sparring, and Conditioning classes only

Adults Striking Program: Striking classes only

Kids Jiu-Jitsu Program: Jiu-Jitsu classes

UNLIMITED Program: All Jiu-Jitsu, Conditioning, and Striking classes