

RALPH GRACIE JIU-JITSU ACADEMY, SAN FRANCISCO (updated 4/13/2023)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00AM	Gracie Fit All Levels 6:00am		Gracie Fit All Levels 6:00am		Gracie Fit All Levels 6:00am		
6:30AM							
7:00AM	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		
7:30AM							
8:00AM							
8:30AM							Striking All Levels 8:00 am
9:00AM							Jiu-Jitsu All Levels 9:00 am
9:30AM				Intro to Jiu-Jitsu Prospects only 9:30am	NOGI No Beginners 9:00am		
10:00AM		Striking All Levels 10:00 am		Striking All Levels 10:00 am			
10:30AM							
11:00AM	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		
11:30AM							
12:00PM							
4:00PM	Gracie Fit All Levels 4:00 pm	Intro to Jiu-Jitsu Prospects only 4:00 pm	Jiu-Jitsu KIDS Ages 4-7: 3:45p Ages 8-12: 4:45p	Gracie Fit All Levels 4:00 pm	Jiu-Jitsu KIDS Ages 4-7: 3:45p Ages 8-12: 4:45p	Gracie Fit All Levels 4:00 pm	
4:30PM							Jiu-Jitsu KIDS Ages 4-12: 4:30p
5:00PM	Jiu-Jitsu Fundamentals 5:00pm	NOGI No Beginners 5:00 pm		Jiu-Jitsu Fundamentals 5:00pm	NOGI No Beginners 5:00 pm	Self-Defense Street 5:00pm	
5:30PM	Striking All Levels 5:30 pm			Striking All Levels 5:30 pm		Striking All Levels 5:30 pm	
6:00PM	Sparring 6:00pm		Striking All Levels 6:00 pm	Sparring 6:00pm		Striking All Levels 6:00 pm	Jiu-Jitsu Fundamentals 6:00pm
6:30PM						NOGI Women 6:30 pm	
7:00PM	Jiu-Jitsu Beginners 7:00 pm	Jiu-Jitsu Women 6:30 pm	Jiu-Jitsu Fundamentals 7:00 pm	Jiu-Jitsu Beginners 7:00 pm	Jiu-Jitsu Women 6:30 pm		Sparring 7:00pm
7:30PM							

Adults Jiu-Jitsu Membership: Jiu-Jitsu, Self-Defense, Sparring, and Gracie Fit classes only (NO STRIKING)

Adults Striking Membership: Striking classes, Gracie Fit classes

Kids Jiu-Jitsu Membership: Jiu-Jitsu classes

UNLIMITED Membership: ALL ACCESS to Jiu-Jitsu, Sparring, Gracie Fit, and Striking classes and all other RG academies