







CARLSON GRACIE DAYTON TRAINING SCHEDULE

Plan your weekly training. BE CONSISTENT. More classes will be added as the need arises.

MON	TUE	WED	THU	FRI	SAT
<p>Lil Bulldogs Kids BJJ 5-7 YRS</p> <ul style="list-style-type: none"> • 4:45-5:30 PM <p>KIDS BJJ- Age 7-11 YRS</p> <ul style="list-style-type: none"> • 5:30-6:30 PM <p>ADULT BJJ- Age 12 and up</p> <ul style="list-style-type: none"> • 6:30-8:00 PM 	  	<p>Lil Bulldogs Kids BJJ 5-7 YRS</p> <ul style="list-style-type: none"> • 4:45-5:30 PM <p>KIDS BJJ- Age 7-11 YRS</p> <ul style="list-style-type: none"> • 5:30-6:30 PM <p>ADULT BJJ- Age 12 and up</p> <ul style="list-style-type: none"> • 6:30-8:00 PM 	  	<p>Lil Bulldogs Kids BJJ 5-7 YRS</p> <ul style="list-style-type: none"> • 4:45-5:30 PM <p>KIDS BJJ- Age 7-11 YRS</p> <ul style="list-style-type: none"> • 5:30-6:30 PM <p>ADULT BJJ- Age 12 and up</p> <ul style="list-style-type: none"> • 6:30-8:00 PM 	<p>ADULT DRILL</p> <ul style="list-style-type: none"> • 9:30-10:30 AM <p>ADULT SPARRING</p> <ul style="list-style-type: none"> • 10:30-11:30 AM