



## ROGER GRACIE ACADEMY (Moorgate) - Prof. Henrique Junior "JUNIAO"

WWW.ROGERGRACIEMOORGATE.COM  
EMAIL: CONTACT@ROGERGRACIEMOORGATE.COM

ADDRESS: 35 CHISWELL STREET,  
LONDON EC1Y 4SE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07 AM	FUNDAMENTALS	INTERMEDIATE	FUNDAMENTALS	INTERMEDIATE	FUNDAMENTALS	
1 to 1	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	
1 to 1	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES
1 to 1	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES
12:15 PM	FUNDAMENTALS	YOGA	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	- INTROS - 1 & 2 - PRIVATE CLASSES
1 to 1	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	- INTROS - 1 & 2 - PRIVATE CLASSES	CLOSED
05:30 PM	FUNDAMENTALS	ADVANCED	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	
06:30 PM	INTERMEDIATE	FUNDAMENTALS	INTERMEDIATE	NO GI (BASICS)	INTERMEDIATE	
1 to 1	- INTROS - 2 - PRIVATE CLASSES					

INTROS - 1 AND 2: [THIS CLASS WAS DESIGNED FOR THE PEOPLE WHO NEVER TRIED GRACIE JIU JITSU BEFORE AND HAVE NO EXPERIENCE IN A GRAPPLE MARTIAL ART]

FUNDAMENTALS: [ THE PEOPLE DID THE INTRO 1 AND 2, OR NEVER TRIED GRACIE JIU-JITSU BEFORE OR HAVE SOME EXPERIENCE IN A GRAPPLE MARTIAL ART ]

INTERMEDIATE: [ THE STUDENT GOT THREE STRIPES ABOVE - WHITE TO BLACK BELT ]

ADVANCED: [ BLUE TO BLACK BELT ]

NO GI: [ THE STUDENT GOT 3 STRIPES ABOVE - WHITE TO BLACK BELT ]

YOGA: [ ALL LEVELS ]