



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

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	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 - 2 - PRIVATE CLASSES	- INTROS - 2 - PRIVATE CLASSES	- INTROS - 2 - PRIVATE CLASSES	- 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)