



Daniel Gracie Grand Rapids

TEAM COHI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5 AM BJJ Gi (all levels)		5 AM No Gi			
10 AM BJJ Gi (all levels)	10 AM BJJ Gi (all levels)	10 AM BJJ Gi (all levels)	10 AM Wrestling	10 AM BJJ Gi (all levels)		
					10:30 AM Kids BJJ Mat 2 MMA Sparring Mat 1	
					12 PM Open Mat	12 PM Open Mat
	5 PM Open Mat	5 PM Youth Wrestling	5 PM Youth Wrestling	5 PM Open Mat		5 PM Youth Wrestling
5:30 PM Kids BJJ	5:30 PM MMA Striking	5:30 PM Kids BJJ	5:30 PM Kids BJJ	5:30 PM MMA Striking		
6:30 PM BJJ Gi Mat 1 Fundamentals Mat 2	6:30 PM BJJ Gi (all levels)	6:30 PM BJJ Gi Mat 1 Fundamentals Mat 2	6:30 PM BJJ Gi (all levels)	6:30 PM BJJ Gi (all levels)		6:30 PM BJJ Gi (all levels)
7:30 PM MMA Striking Mat 1 Yoga Mat 2	7:30 PM No-Gi	7:30 PM MMA Striking Mat 1 Yoga Mat 2	7:30 PM No-Gi	7:30 PM MMA Striking		