



# CHRISTIAN GRANDI - CARLSON GRACIE JIU JITSU

CLASS SCHEDULE • 11 ULUPONO ST. LAHAINA, HI

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM-11:20 AM	ADULTS SPORT JIU JITSU / SELF DEFENSE (GI)	ADULTS, NO GI, GRAPPLING & SELF DEFENSE	ADULTS SPORT JIU JITSU / SELF DEFENSE (GI)	ADULTS, NO GI, GRAPPLING & SELF DEFENSE	ADULTS SPORT JIU JITSU / SELF DEFENSE (GI)
5:00PM-6:00 PM	KIDS 8+ (GI)	KIDS 4YRS-8YRS (GI)	KIDS 8+ (GI)	KIDS 4YRS-8YRS (GI)	KIDS 8+ (GI)
6:30PM-7:50PM	ADULTS SPORT JIU JITSU / SELF DEFENSE (GI)	ADULTS, NO GI, GRAPPLING & SELF DEFENSE	ADULTS SPORT JIU JITSU / SELF DEFENSE (GI)	ADULTS, NO GI, GRAPPLING & SELF DEFENSE	ADULTS SPORT JIU JITSU / SELF DEFENSE (GI)

## RULES

BOW WHEN ENTERING OR EXITING THE MAT.  
 SHOW UP TO CLASS WITH A CLEAN GI & CLEAN FEET.  
 KEEP YOUR NAILS TRIMMED SHORT.  
 RESPECT YOUR TEACHERS AND FELLOW STUDENTS.  
 SHOW UP TO CLASS A FEW MINUTES EARLY.  
 PAY YOUR TRAINING FEES ON TIME.  
 HAVE A POSITIVE ATTITUDE.

