



CHRISTIAN GRANDI - CARLSON GRACIE JIU JITSU

CLASS SCHEDULE • 11 ULUPONO ST. LAHAINA, HI
 MAUIBJJ.COM • 808-298-8265

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	ADULTS JIU JITSU / SELF DEFENSE/ GRAPPLING <i>WITH GI</i>	ADULTS JIU JITSU / GRAPPLING/ SELF DEFENSE <i>NO GI</i>	ADULTS JIU JITSU / SELF DEFENSE/ GRAPPLING <i>WITH GI</i>	ADULTS JIU JITSU / GRAPPLING/ SELF DEFENSE <i>NO GI</i>	ADULTS JIU JITSU / SELF DEFENSE/ GRAPPLING <i>WITH GI</i>	ADULTS JIU JITSU/ GRAPPLING/ SELF DEFENSE <i>NO GI</i>
4:00 PM		KIDS 4YRS-8YRS		KIDS 4YRS-8YRS		
5:00 PM	KIDS 8+	KIDS 4YRS-8YRS	KIDS 8+	KIDS 4YRS-8YRS	KIDS 8+	
6:30 PM	ADULTS JIU JITSU / SELF DEFENSE/ GRAPPLING <i>WITH GI</i>	ADULTS JIU JITSU / GRAPPLING/ SELF DEFENSE <i>NO GI</i>	ADULTS JIU JITSU / SELF DEFENSE/ GRAPPLING <i>WITH GI</i>	ADULTS JIU JITSU / GRAPPLING/ SELF DEFENSE <i>NO GI</i>	ADULTS JIU JITSU / SELF DEFENSE/ GRAPPLING <i>WITH GI</i>	

DOJO 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.

