



Gracie Gym Maine

Call today to schedule an introductory class!

Brazilian Jiu-Jitsu / Self Defense

(207) - 383 - 2228

770 Roosevelt Trail Suite 6 Windham, ME 04062

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-7am		All Levels		All Levels	All Levels No Gi	
9-9:45am	PRIVATE TRAINING					Silver Eagles
10-10:45am						Golden Eagles
11-12pm						Beginners
12-1pm						All Levels
4-4:45pm	Silver Eagles		Silver Eagles No Gi			ALSO AVAILABLE:
5-5:45pm	Golden Eagles	Juvenile	Golden Eagles No Gi	Juvenile	Juvenile No Gi	- Birthday parties
6-7pm	Beginners	Beginners	Beginners No Gi	Beginners	All Levels No Gi	- Seminars
7-8pm	Advanced BJJ	Advanced BJJ	Advanced BJJ No Gi	Advanced BJJ		- Group Events
						- Team Building Events
	Ages 4 - 6	Silver Eagles	Silver Eagles introduces the basics of BJJ through the use of drills and games while starting to develop discipline and respect.			
	Ages 7 - 12	Golden Eagles	A complete BJJ program for kids emphasizing the importance of takedowns, position and submissions for competition or self defense!			
	Ages 13 - 15	Juvenile	A complete BJJ program for kids emphasizing the importance of takedowns, position and submissions for competition or self defense!			
	Ages 16+	All Levels	Brazilian Jiu Jitsu for white belts thru Black belts - adapted to your level.			
		Advanced BJJ	Minimum Recommended Rank: White Belt, 3 Stripes.			
		Beginners	Brazilian Jiu Jitsu focused on beginner level techniques/ Develop muscle memory with a full class of drills!			



@GracieGymMaine

www.GracieGymMaine.com



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