BRAZILIAN JIU-JITSU
GRACIE BARRA
CARLOS GRACIE JR
MITTAGONG, AUS

HIGHLANDS
SPORTS CENTRE

KIDS WEEKLY SCHEDULE
7–9 YEARS

MONDAY	WRESTLING 4.40 – 5 :20 PM JIU-JITSU 5:20 – 6 :00 PM
TUESDAY	WRESTLING 4.40 – 5 :20 PM JIU-JITSU 5:20 – 6 :00 PM
WEDNESDAY	WRESTLING 4.40 – 5 :20 PM JIU-JITSU 5:20 – 6 :00 PM
THURSDAY	WRESTLING 4.40 – 5 :20 PM JIU-JITSU 5:20 – 6 :00 PM
FRIDAY	WRESTLING 4.40 – 5 :20 PM JIU-JITSU 5:20 – 6 :00 PM
SATURDAY	ATHLETIC FOUNDATION 9:30 – 10:10 AM