



# GRACIE BARRA CORONA

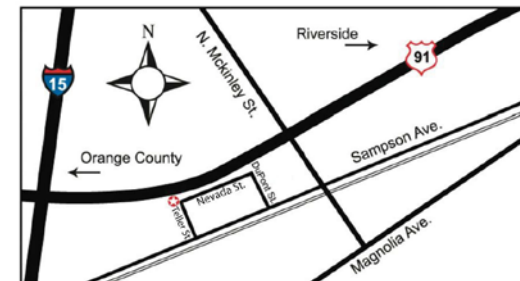
## BRAZILIAN JIU-JITSU ACADEMY

**951-505-1441** [CORONABJJ.COM](http://CORONABJJ.COM)

280 Teller Street, Unit 100 Corona, CA 92879

**VISIT US AT OUR RIVERSIDE LOCATION!!!!**

**CLASSES OFFERED AT GRACIE BARRA RIVERSIDE (2050 E. La Cadena Drive Unit G Riverside, CA 92507)**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00 - 10:00AM</b> Brazilian Jiu-Jitsu Fundamentals		<b>9:00 - 10:00AM</b> Brazilian Jiu-Jitsu Fundamentals		<b>9:00 - 10:00AM</b> Flexibility & Core Training	<b>9:00-10:00AM</b> GB Womens BJJ Self Defense	<b>9:00 - 10:00AM</b> Conditioning
	<b>11:00 - 12:00PM</b> Brazilian Jiu-Jitsu Fundamentals		<b>12:00 - 1:00PM</b> Brazilian Jiu-Jitsu Fundamentals	<b>10:00 - 11:00AM</b> Brazilian Jiu-Jitsu Fundamentals	<b>10:00 - 11:00AM</b> Brazilian Jiu-Jitsu Parents/Kids all ages	<b>10:00 - 11:00AM</b> Muay Thai Beginners < 3 months
<b>3:30 - 4:15PM</b> Brazilian Jiu-Jitsu Little Munchkins Kids 3 - 5	<b>4:00 - 5:00PM</b> Brazilian Jiu-Jitsu All Levels Little Champs I kids 5-7	<b>3:30 - 4:15PM</b> Brazilian Jiu-Jitsu Little Munchkins Kids 3 - 5	<b>4:00 - 5:00PM</b> Brazilian Jiu-Jitsu All Levels Little Champs I kids 5-7		<b>11:00 - 12:00PM</b> Brazilian Jiu-Jitsu All Levels	<b>11:00 - 12:00PM</b> Muay Thai 3 months +
<b>4:15 - 5:15PM</b> Brazilian Jiu-Jitsu Juniors 8 - 12	<b>5:00 - 6:00PM</b> Brazilian Jiu-Jitsu All Levels Little Champs II kids 8-12	<b>4:15 - 5:00PM</b> Brazilian Jiu-Jitsu All Levels Ages 5-12	<b>5:00 - 6:00PM</b> Brazilian Jiu-Jitsu All Levels Little Champs II kids 8-12	<b>5:00 - 6:00PM</b> Kids & Teens Competition Team 7 Years and Up	<b>12:00 - 1:00PM</b> Brazilian Jiu-Jitsu Sparring/Comp Training	<b>12:00-2:00PM</b> Competition Training
<b>5:15 - 6:15PM</b> Muay Thai Beginners < 3 months	<b>6:00 - 7:00PM</b> BJJ Advanced Ages 6 -12 Grey/wt belt & up	<b>5:00 - 6:00PM</b> Kids & Teens Competition Team 7 Years and Up	<b>6:00 - 7:00PM</b> BJJ Advanced Ages 6 -12 Grey/wt belt & up			<b>2:00-4:00PM</b> "Community Self Defense Seminar" Date TBD
<b>6:15 - 7:15PM</b> Brazilian Jiu-Jitsu Advanced	<b>7:00 - 8:00PM</b> Brazilian Jiu-Jitsu Fundamentals	<b>6:00 - 7:00PM</b> Brazilian Jiu-Jitsu Fundamentals	<b>7:00 - 8:00PM</b> Brazilian Jiu-Jitsu Fundamentals	<b>6:00 - 7:00PM</b> BJJ- All Levels No- Gi/ Submission Grappling		<b>5:00 - 6:00PM</b> BJJ Drills 3 Stripes White & Up
<b>7:15 - 7:45PM</b> Sparring	<b>8:00 - 9:00PM</b> Brazilian Jiu-Jitsu Advanced	<b>7:00 - 7:30PM</b> Sparring	<b>8:00 - 9:00PM</b> Brazilian Jiu-Jitsu Advanced	<b>7:00 - 7:30PM</b> Sparring		<b>6:00 - 7:00PM</b> Brazilian Jiu-Jitsu Fundamentals
<b>7:45 - 8:45PM</b> Brazilian Jiu-Jitsu Fundamentals	<b>9:00 - 9:30PM</b> Sparring	<b>7:30 - 8:30PM</b> Muay Thai < 3 months <b>8:30 - 9:30PM</b> Muay Thai 3 months +	<b>9:00 - 9:30PM</b> Sparring	<b>8:00 - 9:30PM</b> Muay Thai All levels		

Private instruction and introduction classes available by appointment

CERTIFIED by CARLOS GRACIE Jr. and the INTERNATIONAL BRAZILIAN JIU JITSU FEDERATION

**Join the World's Leader in Martial Arts and Self Defense and Train at over 500 Locations Worldwide!**