



GRACIE BARRA BARMBEK

MO

7:00 BARRA <i>FIT</i>
7:30 GB1 FUNDAMENTALS
16:15 - 16:45 GBK TINY CHAMPIONS
17:00 - 17:45 GBK LITTLE CHAMPIONS
18:00 BARRA <i>FIT</i>
18:30 GB1 FUNDAMENTALS
19:30 GB2 ADVANCED

DI

7:00 BARRA <i>FIT</i>
7:30 GB2 ADVANCED
17:00 GBK JUNIORS
18:00 BARRA <i>FIT</i>
18:30 GB1 FUNDAMENTALS
19:30 GB2 NO GI

MI

7:00 BARRA <i>FIT</i>
7:30 GB2 NO GI
16:15 - 16:45 GBK TINY CHAMPIONS
17:00 - 17:45 GBK LITTLE CHAMPIONS
18:00 BARRA <i>FIT</i>
18:30 GB1 FUNDAMENTALS
19:30 GB2 ADVANCED

DO

7:00 BARRA <i>FIT</i>
7:30 GB1 FUNDAMENTALS
17:00 GBK JUNIORS
18:00 BARRA <i>FIT</i>
18:30 GB1 FUNDAMENTALS
19:30 GB2 NO GI

FR

7:00 BARRA <i>FIT</i>
7:30 GB2 ADVANCED
17:30 BARRA <i>FIT</i>
18:00 GB1 FUNDAMENTALS
19:00 GB3 COMPETITION CLASS

SA

9:15 - 9:45 GBK TINY CHAMPIONS
10:00 - 10:45 GBK LITTLE CHAMPIONS
11:00 BARRA <i>FIT</i>
11:30 GB1 FUNDAMENTALS
12:30 GB2 ADVANCED

SO

9:00 GBK JUNIORS
10:00 BARRA <i>FIT</i>
10:30 GB1 FUNDAMENTALS
11:30 GB3 COMPETITION CLASS

GBK

Tiny Champions: 3-4 Years

Little Champions: 5-9 Years

Juniors: 10-15 Jahre / Years

GB1

Adults - All Levels

GB2

Adults - Advanced

GB3

Adult Experts