

# CENTRAL OAHU JIU-JITSU ACADEMY CLASS SCHEDULE



| MONDAY                                  | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY   | SATURDAY |
|---|---|---|---|--|----------|
| 8:30 - 9:30 AM<br>Women Empowered       | 8:30 - 9:30 AM<br>Gracie Combatives     | 8:30 - 9:30 AM<br>Women Empowered       | 8:30 - 9:30 AM<br>Gracie Combatives     |  |          |
| 4:00 - 4:30 PM<br>Ages 3 - 5            | 3:30 - 4:30 PM<br>Ages 6 - 14 Beginners | 4:00 - 4:30 PM<br>Ages 3 - 5            | 3:30 - 4:30 PM<br>Ages 6 - 14 Beginners |  |          |
| 4:45 - 6:00 PM<br>Ages 6 - 14 Beginners | 4:45 - 6:00 PM<br>Ages 7 - 14 Advanced  | 4:45 - 6:00 PM<br>Ages 6 - 14 Beginners | 4:45 - 6:00 PM<br>Ages 7 - 14 Advanced  | 4:45 - 6:00 PM<br>No-Gi Jiu-Jitsu<br>Ages 5 - 14 |          |
| 6:15 - 7:15 PM<br>Gracie Combatives     | 6:15 - 7:15 PM<br>Gracie Combatives     | 6:15 - 7:15 PM<br>Women Empowered       | 6:15 - 7:15 PM<br>Gracie Combatives     | 6:15 - 7:15 PM<br>RD CLASS                       |          |
| 7:30 - 9:00 PM<br>Masters Cycle         | 7:30 - 9:00 PM<br>Adult Advanced BJJ    |   | 7:30 - 9:00 PM<br>Masters Cycle         | 7:30 - 9:00 PM<br>Open Mat<br>Ages 10 +          |          |

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## PRICES:

- Adult BJJ/Combatives - **\$120/Month** (Includes FREE Gracie Combatives Access)
  - Women Empowered - **\$75/Month** (Includes FREE Women Empowered Access)
  - Kids (3-5) - **\$60/Month** (Includes FREE Gracie Games Access)
  - Kids (5-14) - **\$90/Month** (Includes FREE Gracie Jr. Grapplers Access)
- 20% Military/Law Enforcement Discount  
20% Multiple Family Members  
\*Discounts cannot be combined\*

**10 Consecutive DAYS FREE!!!**