



RENZO GRACIE

2025 SPRING SCHEDULE

ADULT JIU-JITSU							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 am		No-Gi Jiu-Jitsu		Jiu-Jitsu			
7:00 - 8:00 am	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu		
11:00 - 12:00 pm					Women's Jiu-Jitsu		
12:00 - 1:00 pm	Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu
1:00 - 1:30 pm	Training*	Training*	No-Gi Training*	Training*	Training*		
5:00 - 6:00 pm	No-Gi Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	No-Gi Jiu-Jitsu		
6:00 - 7:00 pm		Women's Jiu-Jitsu		Women's Jiu-Jitsu			
6:00 - 7:00 pm	Jiu-Jitsu	Jiu-Jitsu	No-Gi Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu		
7:00 - 7:30 pm	Training*	Training*	No-Gi Training*	Training*	Training*		

YOUTH JIU-JITSU							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45 - 10:15 am						Ages 3 to 5	Ages 3 to 5
10:15 - 11:00 am						Ages 6 to 8	Ages 6 to 8
11:00 - 11:45 am						Ages 9 to 13	Ages 9 to 13
3:45 - 4:15 pm	Ages 3 to 5	Ages 3 to 5	Ages 3 to 5	Ages 3 to 5	Ages 3 to 5		
4:15 - 5:00 pm	Ages 6 to 8	Ages 6 to 8	Ages 6 to 8	Ages 6 to 8	Ages 6 to 8		
5:00 - 5:45 pm	Ages 9 to 13	Ages 9 to 13	Ages 9 to 13	Ages 9 to 13	Ages 9 to 13		

Renzo Gracie Jiu-Jitsu Wall Street, 22 New Street, New York, NY 10004

Phone: (212) 217-6380 / E-mail: wst@renzograciewst.com

Website: renzograciewst.com / Instagram: [@renzograciewst](https://www.instagram.com/renzograciewst) / Facebook: [renzograciewst](https://www.facebook.com/renzograciewst) / X: [@renzograciewst](https://twitter.com/renzograciewst)

This schedule will be effective starting on March 31, 2025

***If you are coming only for the training, you must have at least three stripes on the white belt**