



# ROGER GRACIE VIE ACADEMY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.30 - 13.20 Academy Muay Thai Boxing M Jonny	13.30 - 14.30 Academy BJJ Mixed M Cesar	13.00 - 14.00 Academy BJJ Mixed M Max	12.30 - 13.30 Academy BJJ Mixed M Cesar	12.30 - 13.20 Academy Muay Thai Boxing M Jonny	11.00 - 12.00 Academy BJJ Mixed M Max	11.30 - 13.00 Academy Kuk Sool Won Invite only M Nick
13.30 - 14.30 Academy BJJ Mixed M Max	18.00 - 19.00 Academy Bjj - Beginners M Cesar	18.00 - 19.00 Academy BJJ - Advanced M Cesar	18.00 - 19.00 Academy Bjj - Beginners M Cesar	13.30 - 14.30 Academy BJJ Mixed M Max		
18.00 - 19.00 Academy BJJ - Advanced M Cesar	19.00 - 20.30 Academy BJJ - Advanced M Cesar	19.30 - 20.30 Academy Bjj - Beginners M Cesar	19.00 - 20.30 Academy BJJ - Advanced M Cesar	18.00 - 19.00 Academy Bjj - Beginners M Cesar		
19.00 - 20.00 Academy Bjj - Beginners M Cesar		19.45 - 21.00 Studio Kick Boxing M Remy	20.00 - 21.30 Studio Kuk Sool Won M Nick	19.00 - 20.30 Academy BJJ - Advanced Open mat M Cesar		
20.00 - 21.30 Academy Kuk Sool Won M Nick						

## Class Description

### Brazilian Jui Jitsu

A martial art and combat sport, focusing on grappling and ground fighting with the goal of gaining a dominant position from which to force an attacker to submit.

### Kuk Sool Won

Kuk sool won has countless techniques derived from the three branches of traditional Korean martial arts and combines punches, kicks and weapons work into one comprehensive easy to learn style, teaching self defence, self discipline, self confidence, co-ordination and mental alertness.

### Muay Thai

A martial art that features punches, kicks, elbows, knees and standing grappling to wear down and knock down their opponent. Developing devastating power, speed and superb cardiovascular endurance.

### Boxing

The typical boxing training session stimulates all muscle groups and provides perfect combination of aerobic and anaerobic exercise. Indeed, the boxers' workout is guaranteed to get anyone into the best shape of their lives.

For the martial arts classes you can pay per class or for the BJJ become a member of the Roger Gracie Vie Academy

## For your safety:

Attend whole class / Wear appropriate clothing / No chewing gum whilst training  
Stay Hydrated and drink plenty of water / Inform instructor of any injuries or if pregnant.

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