



Roger Gracie Vie Academy

February 2010



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	11.00 13.00 Academy Kuk Sool Won Invite Only M Nick
13.30 - 14.30 Academy BJJ - Mixed M Eddy	2.00 - 3.00 Studio Boxing - Mixed M Bart	2.00-3.00 Academy Muay Thai Boxing M Jonny	1.30-2.15 Academy Boxing Women only M Bart	13.30 - 14.30 Academy BJJ - Mixed M Eddy		
18.00 - 19.00 Academy BJJ - Advanced M Cesar	18.00 - 19.00 BJJ - Beginners M Cesar	18.00 - 19.30 Academy BJJ- Advanced M Cesar	18.00 - 19.00 Academy BJJ - Beginners M Cesar	18.00 - 19.00 Academy BJJ - Beginners M Cesar		
19.00 - 20.00 Academy BJJ - Beginners 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	19.00 - 20.30 Academy BJJ - Advanced M Cesar		
20.00 - 21.30 Academy Kuk Sool Won M Nick	20.00 - 21.30 Studio Boxing - Mixed M Bart	19.45 - 21.15 Studio Muay Thai Boxing M Jonny	19.30 -21.00 Studio Kuk Sool Won M Nick			

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

CLASS DESCRIPTION

Brazilian Jiu 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 defense, self discipline, self confidence, co-ordination and mental alertness.

Muay Thai Boxing - 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 your safety: Attend whole class / Wear appropriate clothing / No chewing gum, whilst training / Stay hydrated and drink plenty of water / Inform the instructor of any injuries or if pregnant