



Team Rhino Gracie Jiu-Jitsu

Monday

5:00	Team Crash Youth Class (Competition class)
6:00	Tween Gracie Jiu-Jitsu (12-14)
7:00	Adult Gracie Jiu-Jitsu Basic Fundamentals
7:45	Adult Gracie Jiu-Jitsu Intermediate & Advanced

Tuesday

9:30am	Adult Gracie Jiu-Jitsu Basic Fundamentals
10:15am	Adult Gracie Jiu-Jitsu Intermediate & Advanced
5:00	Lil Rhinos Gracie Jiu-Jitsu (4-6)
5:30	Advance Lil Rhino's Gracie Jiu-Jitsu class (4- 6)
6:15	Kids Gracie Jiu-Jitsu (7-11)
7:15	Adult Gracie Jiu-Jitsu Basic Fundamentals
8:00	Adult Gracie Jiu-Jitsu Intermediate & Advanced

Wednesday

5:00	Kids Gracie Jiu-Jitsu (7-11)
6:00	Tween Gracie Jiu-Jitsu (12-14)
7:00	Adult Gracie Jiu-Jitsu Intermediate
8:00	Adult Gracie Jiu-Jitsu Open Mat

Thursday

9:30am	Adult Gracie Jiu-Jitsu Basic Fundamentals
10:15am	Adult Gracie Jiu-Jitsu Intermediate & Advanced
5:00	Advance Lil Rhino's Gracie Jiu-Jitsu (4-6)
5:45	Lil Rhino's Gracie Jiu-Jitsu (4-6)
6:15	Adult Gracie Jiu-Jitsu Basic Fundamentals
7:00	Adult Gracie Jiu-Jitsu Advanced

Friday

5:00	Lil Rhinos & Advance Lil Rhinos Gracie Jiu-Jitsu Combo Class (4-6)
5:30	Kids Gracie Jiu-Jitsu class (7-11)
6:30	Tween Gracie Jiu-Jitsu class (12-14)

Saturday

9:30am	Adult Gracie Jiu-Jitsu - Open mat
--------	-----------------------------------

(208) 846-9119 www.idahoujj.com staff@teamrhinoidaho.com