



GRACIE BARRA CHESTERFIELD

314-861-9635



MON

TUE

WED

THU

FRI

SAT

11:00 AM



HOMESCHOOL

12:00 PM

GB1

ADULT ALL LEVELS

4:45 PM

GBK

LC1

5:30 PM

GBK

LC 2
MAT 1

5:30 PM

GBK

ADVANCED
MAT 2

6:30 PM

GB1

ADULT ALL LEVELS

6:30 PM

GB2

ADULT ALL LEVELS

7:30 PM

GB1

KICKBOXING /
WORKSHOP

6:30 AM

GB1

ADULT ALL LEVELS

4:45 PM

GBK

LC 1

5:30 PM

GBK

LC2
MAT 1

5:30 PM

GBK

JUNIORS & TEENS
MAT 2

6:30 PM

GBF

WOMEN'S ALL
LEVELS

6:30-7:45 PM

GB3

ADVANCED

7:30 PM

GB1

ADULT ALL LEVELS

11:00 AM



HOMESCHOOL

12:00 PM

GB1

ADULT ALL LEVELS

4:45 PM

GBK

LC1

5:30 PM

GBK

LC 2
MAT 1

5:30 PM

GBK

ADVANCED
MAT 2

6:30 PM

GBF

WOMEN'S
ADVANCED*

6:30 PM

GB1

NO GI
ADULT ALL LEVELS

7:30 PM

GB1

KICKBOXING /
WORKSHOP

6:30 AM

GB1

NO GI
ADULT ALL LEVELS

4:45 PM

GBK

NO GI LC 1

5:30 PM

GBK

LC 2
NO GI MAT 1

5:30 PM

GBK

JUNIORS & TEENS
NO GI MAT 2

6:30 PM

GBF

WOMEN'S NO GI ALL
LEVELS

6:30-7:45 PM

GB3

NO GI
ADVANCED

7:30 PM

GB1

NO GI
ADULT ALL LEVELS

12:00 PM

GB1

NO GI LIVE TRAINING
ADULT ALL LEVELS

4:45 PM

GBK

LC1 & LC2

5:30 PM

GBK

JUNIORS & TEENS
NO GI

6:30 PM

GB1

ADULT ALL LEVELS
WORKSHOP
LIVE TRAINING

9:00 AM

GBF **GB1**

MAT 1 MAT 2
CONDITIONING &
KICKBOXING

10:00 AM

GBK

LC1 & LC2

11:00 AM

GBK

LC 2 - JUNIORS7-12
KICKBOXING

11:30 AM-1PM

GB1

ADULT / TEENS
COMPETITION TEAM

12:00 PM

GB1

ADULT ALL LEVELS

GBK

LC 1 (Little Champions 1) 4-6 Years Old

LC 2 (Little Champions 2) 7-9 Years Old

Juniors 10-15 years old ADVANCED 8-15 Years old



Homeschoolers 7-12 Years old

GB3

WOMEN ONLY All Levels

GB1

Adults All Levels

GB2

Adult White Belt 3 stripes + up

GB3

* 3 or more stripes on belt required

*** REQUIRES INSTRUCTORS PERMISSION ***