CARLSON GRACIE ALBUQUERQUE/COYOTE TEAM - SCHEDULE 2026 Effective 11/01/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BJJ ALL LEVELS KIDS - ADULTS 10:00AM/10:45AM		BJJ ALL LEVELS KIDS - ADULTS 10:00AM/10:45AM		MUAY THAI KIDS 7+ / ADULTS 10:00AM/11:00AM
	NO-GI ALL LEVELS KIDS - ADULTS 10:45AM/11:30AM		NO-GI ALL LEVELS KIDS - ADULTS 10:45AM/11:30AM		NO-GI ALL LEVELS KIDS - ADULTS 10:00AM/11:00AM
					BJJ ALL LEVELS KIDS - ADULTS 11:00AM/12:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & CONDITIONING 5:15PM/6:00PM (Ages 10+ Kids and & Adults)		STRENGTH & CONDITIONING 5:15PM/6:00PM (Ages 10+ Kids and & Adults)			
LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	
KIDS BEGINNERS 1 5:15PM/6:00PM (White & Gray's Belts Only)	KIDS BJJ NO-GI 5:15PM/6:00PM (All Levels)	KIDS BEGINNERS 1 5:15PM/6:00PM (White & Gray's Belts Only)	KIDS BJJ NO-GI 5:15PM/6:00PM (All Levels)	KIDS ALL LEVELS 5:15PM/6:15PM (All Levels)	
MUAY THAI KIDS 7+ / ADULTS 6:00PM/6:45PM	KIDS BJJ GI 6:00PM/6:45PM (All Levels)	MUAY THAI KIDS 7+ / ADULTS 6:00PM/6:45PM	KIDS BJJ GI 6:00PM/6:45PM (All Levels)	ADULTS BJJ GI / NO-GI 5:15PM/6:15PM (Live Sparring)	
KIDS BEGINNERS 2 6:00PM/6:45PM (White & Gray Belts Only 5-12)		KIDS BEGINNERS 2 6:00PM/6:45PM (White & Gray Belts Only 5-12)			
KIDS ADVANCE 6:45PM /7:30PM (Gray Belts+)	MUAY THAI ADULTS ONLY 6:00PM/6:45PM	KIDS ADVANCE 6:45PM /7:30PM (Gray Belts+)	MUAY THAI ADULTS ONLY 6:00PM/6:45PM		
ADULTS BJJ BEGINNERS (White Belts Only) 6:45PM/7:30PM	ADULTS NO-GI 6:45PM/7:30PM (All Levels)	ADULTS BJJ BEGINNERS (White Belts Only) 6:45PM/7:30PM	ADULTS NO-GI 6:45PM/7:30PM (All Levels)		
ADULTS BJJ 6:45PM/8:00PM (Color Belt Levels)	ADULTS BJJ 7:30PM / 8:15PM (All Levels)	ADULTS BJJ 6:45PM/8:00PM (Color Belt Levels)	ADULTS BJJ 7:30PM / 8:15PM (All Levels)		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Monday to Friday open MUAY THAI area for age 12 and up (while not in use for class)

GYM (workout) area for ages 13 and up (TENNIS SHOES IS MANDATORY IN GYM AREA)

Monday to Thursday 10:00am to 8:00pm - Friday 10:00am to 6:30pm - Saturday 10:00am to 12:00pm