

Come Train with Us!

Weekly Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT
12:00PM-1:00PM		Mixed Levels Jiu Jitsu	Mixed Levels Jiu Jitsu		Mixed Levels Jiu Jitsu	12:00PM-2:00PM Open Mat
1:00PM-1:30PM		*Optional Sparring	*Optional Sparring		*Optional Sparring	
3:00PM-6:00PM	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	
7:00PM-8:00PM	Fundamentals Jiu Jitsu	Mixed Levels Jiu Jitsu	Mixed Levels Jiu Jitsu	Fundamentals Jiu Jitsu		
8:00PM-8:30PM	*Optional Sparring	*Optional Sparring	*Optional Sparring	*Optional Sparring		

Class Description

Fundamentals Jiu Jitsu	<u>Fundamentals (Gi)</u> : Welcome to All Belt Levels. This class covers fundamentals of jiu jitsu.
Mixed Levels Jiu Jitsu	<u>Mixed Levels Jiu Jitsu (Gi)</u> - Welcome to All Belt Levels. Optional sparring following requires attendance in preceding class.
*Optional Sparring	<u>Jiu Jitsu Sparring (Gi or No Gi)</u> - Welcome to All Belt Levels. MUST attend preceding class in order to participate in Optional Sparring. White Belt students require approval for participation by the Professor.
Open Mat	<u>Open Mat</u> : Open Mat for members to spar & perform drillwork. No formal instruction.
Private Lessons	<u>Private Lessons</u> - For inquiries and scheduling, please contact the front desk



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