

Come Train with Us!

Weekly Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT
12:00PM-12:45PM		Mixed Levels Jiu Jitsu		Mixed Levels Jiu Jitsu		12PM-1PM Open Mat
12:45PM-1:15PM		*Optional Sparring		*Optional Sparring		
3:00PM-6:00PM	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	
7:30PM-8:15PM	Fundamentals Jiu Jitsu	Mixed Levels Jiu Jitsu	Mixed Levels Jiu Jitsu	Fundamentals Jiu Jitsu	No Gi Jiu Jitsu	
8:15PM-8:45PM	*Optional Sparring	*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
No Gi Jiu Jitsu	<u>No Gi Jiu Jitsu</u> - Welcome to All Belt Levels. Students will train in the No Gi uniform (without Kimono) wearing rashguards and training shorts or spats. Optional sparring following requires attendance in
Open Mat	<u>Open Mat</u> - Open mat for members to spar and drill. No formal instruction.
Private Lessons	<u>Private Lessons</u> - For inquiries and scheduling, please contact the front desk



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