



BRAZILIAN JIU-JITSU & SELF-DEFENSE

WEEKLY CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT MORNING CLASS	9AM-10AM TECHNIQUE 10AM-11AM OPEN MAT	9AM-10AM TECHNIQUE 10AM-11AM OPEN MAT	9AM-10AM (NO-GI) TECHNIQUE 10AM-11AM (NO-GI) OPEN MAT	9AM-10AM SELF-DEFENSE 10AM-11AM OPEN MAT	9AM-10AM TECHNIQUE 10AM-11AM OPEN MAT	9AM-10AM TECHNIQUE 10AM-11AM OPEN MAT	CLOSED
KIDS EVENING CLASS	5PM-6PM		5PM-6PM (NO-GI)		5PM-6PM	CLOSED	CLOSED
ADULT NIGHT CLASS	6PM-7PM TECHNIQUE 7PM-8PM OPEN MAT	6PM-7PM SELF-DEFENSE 7PM-8PM OPEN MAT	6PM-7PM (NO-GI) TECHNIQUE 7PM-8PM (NO-GI) OPEN MAT	6PM-7PM TECHNIQUE 7PM-8PM OPEN MAT	CLOSED	CLOSED	

*Class schedule is subject to change

*Classes are broken up into warm up, technique, drills, sparring, and open mat

*Don't worry if you don't have a gi we have some you can borrow.

*Please make sure to wear only clean gi and clothing when training.

*Please keep fingernails and toenails trimmed short to avoid injuries to you and others

*Please no shoes on the mats, bring a pair of flip flop (sandals) to get on and off the mat with.

*Bring a bottle of water to each class and stay hydrated.