



### ADULTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30 - 1:30PM <b>BJJ</b> ALL LEVELS		12:30 - 1:30PM <b>MMA</b> ALL LEVELS	12:30 - 1:30PM <b>BJJ</b> ALL LEVELS	12:30 - 1:30PM <b>MMA</b> NO-GI GRAPPLING	10:30 - 11:30AM <b>BJJ</b> NO-GI
5:45 - 6:30PM <b>BJJ</b> FUNDAMENTALS	5:45 - 6:30PM <b>MMA</b> FUNDAMENTALS	5:45 - 6:30PM <b>BJJ</b> FUNDAMENTALS	5:45 - 6:30PM <b>MMA</b> FUNDAMENTALS	6:15 - 7:00PM <b>MMA</b> ALL LEVELS	
6:30 - 7:30PM <b>BJJ</b> OPEN MAT	6:30 - 7:30PM <b>BJJ</b> NO-GI FUNDAMENTALS	6:30 - 7:30PM <b>BJJ</b> OPEN MAT	6:30 - 7:30PM <b>BJJ</b> FUNDAMENTALS	7:00PM - CLOSE <b>BJJ</b> ALL LEVELS	
7:30 - 8:30PM <b>MMA</b> ADVANCED	7:30 - 8:30PM <b>BJJ</b> NO-GI ADVANCED	7:30 - 8:30PM <b>MMA</b> ADVANCED	7:30 - 8:30PM <b>BJJ</b> ADVANCED		

### CLASS DESCRIPTIONS

**FUNDAMENTALS**

OUR CORE SKILLS AND FITNESS DEVELOPMENT CLASS FOR ABSOLUTE BEGINNERS THROUGH TO THE INTERMEDIATE STAGES.

**ADVANCED**

BY INVITE ONLY. YOUR INSTRUCTOR WILL LET YOU KNOW WHEN YOU ARE READY FOR THESE CLASSES.

**NO-GI**

WITHOUT THE GI (UNIFORM). BRING SHORTS AND A RASH GUARD OR T-SHIRT.

