

**GYM OPEN 5AM-10PM 7 DAYS A WEEK**

### ADULT BRAZILIAN JIU-JITSU CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 - 1:30PM BJJ ALL LEVELS		12:30 - 1:30PM BJJ - NO-GI ALL LEVELS	12:30 - 1:30PM BJJ ALL LEVELS	12:30 - 1:30PM BJJ ALL LEVELS	11:45 - 12:45PM BJJ ALL LEVELS	
6:00 - 6:45PM BJJ ALL LEVELS	6:30 - 7:15PM BJJ - NO-GI ALL LEVELS	6:00 - 6:45PM BJJ ALL LEVELS	6:00PM - LATE OPEN MAT ALL LEVELS	6:00 - 6:45PM BJJ ALL LEVELS		
6:45PM - LATE Sparring ALL LEVELS	7:15PM - LATE Sparring ALL LEVELS	6:45PM - LATE Sparring ALL LEVELS		6:45PM - LATE Sparring ALL LEVELS		

### ADULT MIXED MARTIAL ARTS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11:30 - 12:15PM MMA ALL LEVELS				
5:00 - 6:00PM STRIKING WOMEN ONLY	5:45 - 6:30PM MMA ALL LEVELS	5:00 - 6:00PM BJJ WOMEN ONLY	5:45 - 6:30PM MMA ALL LEVELS	5:00 - 6:00PM STRIKING WOMEN ONLY	10:15 - 11:00AM BJJ WOMEN ONLY	
6:00PM - LATE OPEN MAT ALL LEVELS	6:30PM - LATE OPEN MAT ALL LEVELS	6:00PM - LATE OPEN MAT ALL LEVELS	6:30 - 7:30PM WRESTLING ALL LEVELS	6:00PM - LATE OPEN MAT ALL LEVELS		

### CLASS DESCRIPTIONS

#### BJJ

This class focuses on learning and applying techniques of Brazilian Jiu Jitsu. Students practice various techniques using a traditional Gi, also known as a Kimono. Students learn and practice submissions, escapes, positions and self defense.

#### ALL LEVELS

This class is designed to accommodate all levels from beginners to advanced.

#### NO-GI

Without the Gi (Uniform). Bring shorts and a rash guard or t-shirt.

#### MMA & WRESTLING

These two classes differ from the BJJ classes and will provide you with a more versatile understanding of Martial Arts while improving your all-round skills.

#### WOMEN ONLY

This class provides an opportunity for women to gain confidence in mixed martial arts.

#### PILATES

This class is designed to help accelerate the process of stretching, strengthening, body alignment and increased core strength.

