



### ADULTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30 - 1:30PM <b>BJJ</b> ALL LEVELS		12:30 - 1:30PM <b>BJJ</b> ALL LEVELS	12:30 - 1:30PM <b>BJJ</b> ALL LEVELS	12:30 - 1:30PM <b>BJJ</b> ALL LEVELS	11:00 - 12:00PM <b>BJJ</b> NO-GI
5:45 - 6:45PM <b>BJJ</b> FUNDAMENTALS	5:45 - 6:30PM <b>BJJ</b> FUNDAMENTALS	5:45 - 6:45PM <b>BJJ</b> NO-GI	5:45 - 6:30PM <b>BJJ</b> FUNDAMENTALS	5:45 - 6:30PM <b>BJJ</b> FUNDAMENTALS	
6:45 - 7:15PM <b>BJJ</b> OPEN MAT	6:45 - CLOSE <b>MMA</b> STRIKING FUNDAMENTALS	6:45 - CLOSE <b>MMA</b> STRENGTH & CONDITIONING	6:45 - CLOSE <b>MMA</b> FUNDAMENTALS	6:30PM - CLOSE <b>BJJ</b> ALL LEVELS	

### 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.

