

BRAZILIAN JIU-JITSU CLASSES SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							10:30 - 11:15 Kids BJJ	
							11:30 - 12:15 Adult No-Gi All Levels	11:00 - 12:00 Private Lessons By Request
PM			4:30 - 5:15 Kids BJJ				12:15 - 1:00 Randori No-Gi	12:00 - 1:00 Private Lessons By Request
			7:00 - 7:45 Adult All Levels		5:00 - 5:45 Kids BJJ	7:00 - 7:45 Women only	1:00 - 2:00 Private Lessons By Request	
		7:45 - 8:30 Adult Fundamental	7:45 - 8:30 Randori Gi	7:45 - 8:30 Adult No-Gi All Levels	7:30 - 8:15 Adult All Levels	7:45 - 8:30 Adult Fundamental		
		8:30 - 9:15 Randori Gi	8:30 - 9:00 Private Lessons By Request	8:30 - 9:15 Randori No-Gi	8:15 - 9:00 Randori Gi	8:30 - 9:15 Randori Gi		
		9:15- 9:45 Private Lessons By Request		9:15- 9:45 Private Lessons By Request	9:00 - 9:30 Private Lessons By Request	9:15 - 9:45 Private Lessons By Request		

Private Lessons: by request only. Other time slots available. Please check with program director.

Adult Fundamental: requires Renzo Gracie kimono/gi. This class focuses on basic moves for beginners, but all levels can attend

Kids BJJ: 5+ years old. Requires Renzo Gracie kimono/gi.

Adult All Levels: requires Renzo Gracie kimono/gi

Adult No-gi All Levels: requires Renzo Gracie rashguard or grappling shorts

Randori: Live training. Practice in a free-style what you have learned in class. Requires the apparel type of the previous class.

Women Only: Teens/Adult women. Requires Renzo Gracie kimono/gi



Contact Info:

rvbjj.com

(201) 580-0581

Powerhouse Gym
95 McKee Drive, Mahwah, NJ 07430

renzograceramapovalley@gmail.com