

BRAZILIAN JIU-JITSU CLASSES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						10:30 - 11:15 Kids	
						11:30 - 12:15 Teens	11:00 - 12:00 Private Lessons By Request
PM		5:00 - 5:45 Kids		5:00 - 5:45 Kids		12:30 - 1:15 Adults No-Gi	12:00 - 1:00 Private Lessons By Request
		6:00 - 6:45 Teens		6:00 - 6:45 Teens		1:15 - 2:00 Randori No-Gi	1:00 - 2:00 Private Lessons By Request
	7:30 - 8:30 Adults Gi All Levels	7:00 - 7:45 Adults Gi Fundamental	7:30 - 8:30 Adults No-Gi All Levels	7:00 - 7:45 Adults No-Gi Advanced	7:30 - 8:30 Adults Gi All Levels		
	8:30 - 9:15 Randori Gi	7:45 - 8:30 Adults Gi Advanced	8:30 - 9:15 Randori No-Gi	7:45 - 8:30 Randori No-Gi	8:30 - 9:15 Randori Gi		
		8:30 - 9:15 Randori		8:30 - 9:15 Adults No-Gi Fundamental			

Private Lessons: by request only. Other time slots available. Please check with program director.
Kids BJJ: 5-8 years old. Requires Renzo Gracie kimono/gi.
Teens BJJ: 9 -14 years old. Requires Renzo Gracie kimono/gi.
Adult Fundamental: requires Renzo Gracie kimono/gi. This class focuses on basic moves for beginners, but all levels can attend
Adult No-Gi: 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.
Advanced: students must be blue belt and up to attend advanced classes



Contact Info:

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