

TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAT 1	6:00am-7:00am Fundamentals Gi	6:00am-7:00am Intermediate NoGi	6:00am-7:00am Fundamentals Gi	6:00am-7:00am Intermediate Gi		
	9:15am-11:00am Competition Gi		9:15am-11:00am Competition NoGi		9:15am-11:00am Competition NoGi	9:30am - 10:10am Kids 4-6 yrs Gi
MAT 1						10:10am - 11:10am Kids 7-9 yrs and 10-13 yrs Gi
	11:00am-12:00pm Fundamentals Gi	11:00am-12:00pm Intermediate NoGi	11:00am-12:00pm Fundamentals Gi	11:00am-12:00pm Intermediate Gi	11:00am-12:00pm Intermediate NoGi	11:10am-12:10pm Fundamentals Gi
						12:10pm-1:10pm Intermediate Gi
MAT 1	4:00pm-4:40pm Kids 4-6 yrs Gi		4:00pm-4:40pm Kids 4-6 yrs Gi		4:00pm-4:40pm Kids 4-6 yrs NoGi	2:00pm-4:00pm Women's Only Open Mats (last Saturday of the month)
	4:40pm - 5:30pm Kids 7-9 yrs Gi	4:40pm - 5:30pm Kids 7-9 yrs NoGi	4:40pm - 5:30pm Kids 7-9 yrs Gi	4:40pm - 5:30pm Kids 7-9 yrs Gi	4:40pm - 5:30pm Kids 7-9 yrs NoGi	
MAT 2	4:40pm - 5:30pm Kids 10-13 yrs Gi	4:40pm - 5:30pm Kids 10-13 yrs NoGi	4:40pm - 5:30pm Kids 10-13 yrs Gi	4:40pm - 5:30pm Kids 10-13 yrs Gi	4:40pm - 5:30pm Kids 10-13 yrs NoGi	
MAT 2	5:30pm - 6:30pm Fundamentals Gi	5:30pm - 6:30pm Fundamentals NoGi	5:30pm - 6:30pm Fundamentals Gi	5:30pm - 6:30pm Fundamentals Gi	5:30pm - 6:30pm Fundamentals NoGi	
	7:00pm-8:00pm Fundamentals Gi		7:00pm-8:00pm Fundamentals Gi		6:30pm-7:45pm Open Mats	
MAT 1	5:30pm - 6:30pm Intermediate Gi	5:30pm - 7:00pm Advanced NoGi	5:30pm - 6:30pm Intermediate Gi	5:30pm - 7:00pm Advanced Gi	5:30pm - 6:30pm Intermediate NoGi	
	6:30pm - 8:00pm Advanced Gi	7:00pm-8:00pm Intermediate NoGi	6:30pm - 8:00pm Advanced Gi	7:00pm-8:00pm Intermediate Gi	6:30pm-7:45pm Open Mats	

UNIFORM:

Gi - Gi (Kimono) and Belt

NoGi - Rash Guard (short or long sleeve) Shorts and Tights
(please avoid zips and pockets for safety)

CLASSES GUIDE:

Fundamentals BJJ - Everyone is welcome

Intermediate BJJ/Open Mats - Minimum 1 stripe White belt

Competition - Blue belt and above (or approved)

Advanced BJJ - Minimum 4 stripe White belt