

# TIMETABLE



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

## 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