

TIMETABLE



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