

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels BJJ (NO-GI) 8 AM to 9 AM	Fundamentals BJJ (GI) 8 AM to 9 AM	All Levels BJJ (NO-GI) 8 AM to 9 AM	Fundamentals BJJ (GI) 8 AM to 9 AM	All Levels BJJ (NO-GI) 8 AM to 9 AM	Kids Body Awareness 3 to 6** 9 AM to 9:50 AM	
All Levels BJJ (NO-GI) 11 AM to 12 PM	Fundamentals BJJ (GI) 11 AM to 12 PM	All Levels BJJ (NO-GI) 11 AM to 12 PM	Fundamentals BJJ (GI) 11 AM to 12 PM		Fundamentals BJJ (No-GI) 10 AM to 11:15 AM	Women Only*** (No-GI)/GI 1 PM to 2 PM
Kids BJJ (4-8) (GI) 4:15 PM to 5 PM	Kids BJJ (4-8) (GI) 4:15 PM to 5 PM	Kids BJJ (4-8) (NO-GI) 4:15 PM to 5 PM	Kids BJJ (4-8) (NO-GI) 4:15 PM to 5 PM			
Kids BJJ (9-14) (GI) 5 PM to 5:50 PM	Kids BJJ (9-14) (GI) 5 PM to 5:50 PM	Kids BJJ (9-14) (NO-GI) 5 PM to 5:50 PM	Kids BJJ (9-14) (NO-GI) 5 PM to 5:50 PM			
GI All Levels 6 PM to 8 PM	Advanced BJJ (GI) 6 PM to 7:30 PM	NO-GI All Levels 6 PM to 8 PM	Advanced BJJ (GI) 6 PM to 7:30 PM	NO-GI All Levels* 6 PM to 8 PM		
	Fundamentals BJJ (GI) 7:30 PM to 8:30 PM		Fundamentals BJJ (GI) 7:30 PM to 8:30 PM			

\*Will NOT happen on the last Friday of each month

\*\*Must be able to walk and have basic understanding of things like get on your knees, stand up and jump.

\*\*\*They alternate between gi and no gi every other week.

### DOJO RULES

BOW WHEN ENTERING OR EXITING THE MAT  
SHOW UP TO CLASS WITH A CLEAN GI & CLEAN FEET  
KEEP YOUR NAILS TRIMMED SHORT  
RESPECT YOUR TEACHERS AND FELLOW STUDENTS  
ALWAYS WEAR SANDALS/SHOES OFF THE MAT  
ASK FOR PERMISSION TO COME INTO THE MAT IF YOU ARE LATE  
PAY YOUR TRAINING FEES ON TIME