

Adult Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11AM		Gi Fundamentals Prof. Tyler		NoGi Fundamental Prof. Tyler		Intermediate/ Advanced Gi Prof. Tyler
3PM	Fundamentals Prof. Tyler					
4PM	Competition Training					
6PM		Intermediate/ Advanced Gi Prof. Tyler	Gi Fundamentals Kayli/Trey	Intermediate/ Advanced NoGi Prof. Tyler	NoGi Fundamentals Kayli/Trey	All Levels Gi Prof. Tyler
7PM		Competition Training	Members Open Mat	Competition Training	Members Open Mat	

Adult Schedule Guide

Fundamentals

These classes focus on more the MOST IMPORTANT part of Jiu Jitsu, the fundamentals!

- Taught from an exclusive Scrap City Curriculum
- Mandatory for White Belts to earn Blue Belt
- Strongly recommended to upper belts to stay sharp and learn the Scrap City Curriculum
- Very beginner friendly, yet still can be very informative for even highly experienced students

Intermediate/Advanced

This class focuses on more advanced techniques including sport Jiu Jitsu

- 6-12 Months of grappling experience is strongly recommended but not required
- Include leg locks, open guard, throws, open guard passing, etc
- Will help upper belts earn promotions
- These WILL NOT help white belts reach blue belt

Competition Training

Less technique, and more live training!! These classes are a faster pace.

- 6-12 Months of grappling experience is strongly recommended but not required
- Intensity will vary depending on upcoming competitions
- Sometimes will default to open mat
- No free trial members or first timers

Members Open Mat

Fun and relaxed Open Training for members! Roll, Drill, Spar, Chit Chat, whatever you like.

If a class does not Specify Gi vs Nogi then bring both. Sundays change depending on upcoming events/tournaments

Kids/Teens Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11AM		Gi Fundamentals Teens/Adults		NoGi Fundamentals Teens/Adults		
3PM	Nogi Fundamentals Teens/Adults					
5PM WEST MAT		Lil Scrappers All Levels Gi	Lil Scrappers Advanced Gi	Lil Scrappers All Levels NoGi	Lil Scrappers Advanced NoGi	Lil Scrappers All Levels Gi
5PM EAST MAT		Tiny Scrappers Gi	Lil Scrappers Beginners Gi	Tiny Scrappers NoGi	Lil' Scrappers Beginners NoGi	
6PM			Gi Fundamentals Teens/Adults		NoGi Fundamentals Teens/Adults	

Kids/Teens Schedule Guide

Tiny Scrappers

- Ages 3-7
- Focuses on Body Mechanics and Mat Behavior
- Grappling games!
- Students may graduate this class early

Lil Scrappers Beginner & All Levels

- Ages 7+
- Younger kids may attend with early graduation from Tiny Scrappers
- These classes are geared for all levels and all kids ages 7-15!
- Large teens may be moved to adult classes
- Very beginner Friendly!

Gi/Nogi Fundamentals Teens/Adults

- Ages 13+
- These are Adult Fundamental Classes that Teens may join
- More technically challenging than the normal kids classes and may not be for all teens
- If in doubt, ask a coach if these are appropriate for your teen.

Advanced Lil Scrappers

- Advanced Techniques for the Advanced Kids!
- These classes are geared for out Grey Belts to Progress forward in their Journey
- These are strongly encouraged for our Grey Belts
- Who is eligible to attend will be at coaches discretion and may change class to class