

# Adult/Teen Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11 AM</b>		<b>Gi Fundamentals</b>		<b>NoGi Fundamental</b>		<b>Intermediate/ Advanced Gi</b>
<b>3 PM</b>	<b>NoGi Fundamentals</b>					
<b>4 PM</b>	<b>Competition Training</b>					
<b>6 PM</b>		<b>Intermediate/ Advanced Gi</b>	<b>Gi Fundamentals</b>	<b>Intermediate/ Advanced NoGi</b>	<b>NoGi Fundamentals</b>	<b>All Levels Gi</b>
<b>7 PM</b>		<b>Competition Training</b>	<b>Members Open Mat (West Mat)</b>	<b>Competition Training</b>	<b>Members Open Mat (West Mat)</b>	
<b>7:15 PM</b>			<b>Striking (East Mat)</b>		<b>Striking (East Mat)</b>	

# Adult Schedule Guide

## Fundamentals

These classes focus on 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
- 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

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

## Striking

These classes are for anyone enrolled in our striking program

- For all skill levels, beginner and advanced, everyone welcome!
- Intensity will vary depending on upcoming experience
- Ages 14+

## 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\*\*\***