

## MAT 1 SCHEDULE

|             | SUNDAY   | MONDAY                     | TUESDAY                  | WEDNESDAY                  | THURSDAY                 | FRIDAY                     | SATURDAY                 |
|-------------|----------|----------------------------|--------------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| 6:30 AM     | CLOSED   | CLOSED                     | ADULT NO GI (ALL LEVELS) | CLOSED                     | ADULT NO GI (ALL LEVELS) | CLOSED                     | CLOSED                   |
| 9 AM        | CLOSED   | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | CLOSED                   |
| 10 AM       | OPEN GYM | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | KIDS (NO GI)             |
| 11 AM       | OPEN MAT | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | ADULT NO GI (ALL LEVELS) |
| 12 PM       | OPEN MAT | ADULT NO GI (ALL LEVELS)   | ADULT GI (ALL LEVELS)    | ADULT NO GI (ALL LEVELS)   | ADULT GI (ALL LEVELS)    | ADULT NO GI (ALL LEVELS)   | OPEN MAT                 |
| 1 PM - 4 PM | CLOSED   | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | CLOSED                   |
| 4 PM        | CLOSED   | KIDS (GI)                  | KIDS (NO GI)             | KIDS (GI)                  | KIDS (NO GI)             | KIDS (FRIDAY NIGHT FIGHTS) | CLOSED                   |
| 5:30 PM     | CLOSED   | OPEN GYM                   | OPEN GYM                 | OPEN GYM                   | OPEN GYM                 | OPEN MAT (TAPPY HOUR)      | CLOSED                   |
| 6:30 PM     | CLOSED   | ADULT GI (ALL LEVELS)      | ADULT NO GI (ALL LEVELS) | ADULT GI (ALL LEVELS)      | ADULT NO GI (ALL LEVELS) | CLOSED                     | CLOSED                   |
| 7:30 PM     | CLOSED   | ADULT NO GI (FUNDAMENTALS) | ADULT GI (FUNDAMENTALS)  | ADULT NO GI (FUNDAMENTALS) | ADULT GI (FUNDAMENTALS)  | CLOSED                     | CLOSED                   |
| 9 PM        | CLOSED   | CLOSED                     | CLOSED                   | CLOSED                     | CLOSED                   | CLOSED                     | CLOSED                   |

## MAT 2 SCHEDULE

|             | SUNDAY   | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                     | SATURDAY     |
|-------------|----------|--------------------------|--------------------------|--------------------------|--------------------------|----------------------------|--------------|
| 6:30 AM     | CLOSED   | CLOSED                   | ADULT NO GI (ALL LEVELS) | CLOSED                   | ADULT NO GI (ALL LEVELS) | CLOSED                     | CLOSED       |
| 9 AM        | CLOSED   | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                   | CLOSED       |
| 10 AM       | OPEN GYM | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                   | KIDS (NO GI) |
| 11 AM       | OPEN MAT | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                   | OPEN MAT     |
| 12 PM       | OPEN MAT | ADULT NO GI (ALL LEVELS) | ADULT GI (ALL LEVELS)    | ADULT NO GI (ALL LEVELS) | ADULT GI (ALL LEVELS)    | ADULT NO GI (ALL LEVELS)   | OPEN MAT     |
| 1 PM - 4 PM | CLOSED   | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                 | OPEN GYM                   | CLOSED       |
| 4 PM        | CLOSED   | KIDS (GI)                | KIDS (NO GI)             | KIDS (GI)                | KIDS (NO GI)             | KIDS (FRIDAY NIGHT FIGHTS) | CLOSED       |
| 5:30 PM     | CLOSED   | BOXING                   | BOXING                   | BOXING                   | BOXING                   | OPEN MAT (TAPPY HOUR)      | CLOSED       |
| 6:30 PM     | CLOSED   | ADULT GI (ALL LEVELS)    | ADULT NO GI (ALL LEVELS) | ADULT GI (ALL LEVELS)    | ADULT NO GI (ALL LEVELS) | CLOSED                     | CLOSED       |
| 7:30 PM     | CLOSED   | LIVE ROLLING             | LIVE ROLLING             | LIVE ROLLING             | LIVE ROLLING             | CLOSED                     | CLOSED       |
| 9 PM        | CLOSED   | CLOSED                   | CLOSED                   | CLOSED                   | CLOSED                   | CLOSED                     | CLOSED       |

**OPEN GYM**

No class scheduled but come by and train or hang out.

**ADULT GI**

Traditional Jiu-Jitsu uniform is worn. Specifically: Gi top, pants, and belt.

**ADULT NO GI**

Submission Grappling without the traditional uniform (Gi).

**FUNDAMENTALS**

Basic techniques and movements to build a strong foundation.

**KIDS CLASS**

Amazin' Jiu-Jitsu Kids Program. #WarriorKids

**OPEN MAT**

We set the clock and train. Make friends and then choke them. Can be Gi or No Gi.

**BOXING**

Great cardio workout. Includes bag work, partner drills and skills training

**LIVE ROLLING**

Sessions for live sparring to practice techniques