

## CLASS SCHEDULE KEY

<b>OPEN GYM</b>	No class scheduled but come by and train or hang out.	<b>ADULT GI</b>	Traditional Jiu-Jitsu uniform is worn. Specifically: Gi top, pants, and belt.	<b>ADULT NO GI</b>	Submission Grappling without the traditional uniform (Gi).
<b>FUNDAMENTALS</b>	Basic techniques and movements to build a strong foundation.	<b>KIDS CLASS</b>	Amazin' Jiu-Jitsu Kids Program. #WarriorKids	<b>OPEN MAT</b>	We set the clock and train. Make friends and then choke them. Can be Gi or No Gi.
<b>BOXING</b>	Great cardio workout, Includes bag work, partner drills and skills training	<b>LIVE ROLLING</b>	Sessions for live sparring to practice techniques		

# MAT 1 SCHEDULE

## MAT 2 SCHEDULE