CLASS SCHEDULE KEY

OPEN GYM	No class scheduled but come by and train or hang out.	**ADULT GI**	Traditional Jiu-Jitsu uniform is worn. Specifically for 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. All levels/kids.	**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.	**WOMEN'S ONLY NO GI**	Women's only No Gi class. All levels welcome.

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	KIDS (AGES 3-4) 9:30 AM
10 AM	CLOSED	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	KIDS (AGES 6-12) 10:15 AM
11 AM	OPEN GYM	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 GYM
1 PM - 4 PM	CLOSED	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CLOSED
4:30 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 GI (FUNDAMENTALS)	OPEN GYM	ADULT NO GI (FUNDAMENTALS)	OPEN GYM	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	KIDS (AGES 3-4) 9:30 AM
10 AM	CLOSED	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	KIDS (AGES 6-12) 10:15 AM
11 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	ADULT NO GI (ALL LEVELS)
12 PM	OPEN GYM	ADULT NO GI (ALL LEVELS)	ADULT GI (ALL LEVELS)	ADULT NO GI (ALL LEVELS)	ADULT GI (ALL LEVELS)	ADULT NO GI (ALL LEVELS)	OPEN GYM
1 PM - 4 PM	CLOSED	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CLOSED
4:30 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)	WOMEN'S ONLY 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