

## GRAPPLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9AM</b>						OPEN MAT	
<b>10AM</b>	TECHNIQUE /DRILLS	TECHNIQUE /DRILLS	TECHNIQUE /DRILLS	TECHNIQUE /DRILLS			OPEN MAT
<b>11AM</b>	SPARRING /COMP PREP	SPARRING /COMP PREP	SPARRING /COMP PREP	SPARRING /COMP PREP			
<b>4:30PM</b>	KIDS 8-12 YRS						
<b>5:15PM</b>	TECHNIQUE /DRILLS	TECHNIQUE /DRILLS	TECHNIQUE /DRILLS	FREESTYLE WRESTLING	SPARRING /COMP PREP		
<b>6:15PM</b>	SPARRING /COMP PREP	SPARRING /COMP PREP	SPARRING /COMP PREP	SPARRING /COMP PREP			

### CLASS DESCRIPTION

**Technique/Drills Class:** in this class you will be introduced to the technical side of grappling with concepts and drills that suit all levels. Beginners and advanced can participate in this class as there are options provided for both.

**Sparring/Comp Prep:** this class is dedicated to live sparring for the full hour with both open and specific live training. All levels are welcome to participate, however this will be an intense class and is mandatory for all members wishing to fight or compete. It will also include strength and conditioning elements to ensure your body is physically ready for competition.

**Freestyle Wrestling:** This class is on Thursday nights and focuses entirely on taking your opponent down to the ground with no submissions included. Followed by live freestyle wrestling sparring.