

Phase 3 Opening



Winter 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30am – 7:30am Adult BJJ		6:30am – 7:30am Adult BJJ		11:00—12:00 Adult BJJ
10:00—12:00 Open Mat	10:00 – 11:00 am Adult BJJ	10:00 – 11:00am Adult BANG Muay Thai	10:00 – 11:00 am Adult BJJ FREE for L.E.O.			Adult BANG Muay Thai 12:30—1:30
	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas	5:00– 6:00 JR BJJ Comp (Invite only)	COVID-19 Policies: Please do not attend if you are exposed or have symptoms. Masks are mandatory for kids and Adults from 5-7:30. Then are only allowed off if it makes extreme exercise difficult.
	5:45 – 6:30 JR Jiu-jitsu	5:45 – 6:30 JR Jiu-jitsu	5:45 – 6:30 JR Jiu-jitsu	5:45 – 6:30 JR Jiu-jitsu	6:00—7:00 Youth Wrestling (Drop in Fee)	
	5:45-6:45 Adult BJJ	6:45—7:45 Adult No Gi BJJ	5:45-6:45 Adult BJJ		7:00—8:00 Adult Wrestling (Drop in Fee)	
	6:45—7:30 Advanced JR Jiu-Jitsu	6:45—7:30 JR BANG Muay Thai (ZOOM also)	6:45—7:30 Advanced JR Jiu-jitsu	6:45—7:30 JR BANG Muay Thai (ZOOM also)	Open Mat 6:00– 8:00 Grey mats	Please do not come in more than 5 mins before your class begins. Take temps at door and wash hands often. Sanitize surfaces after use.
	7:45 – 8:45 Adult BJJ	7:45 – 8:45 Adult BANG Muay Thai (ZOOM also)	7:45 – 8:45 Adult BJJ	7:45 – 8:45 Adult BANG Muay Thai (ZOOM also)		

