



# DARK HORSE

BRAZILIAN JIU-JITSU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 Randori	6:00-7:00 -Randori	6:00-7:00 -Fundamentals	6:00-7:00 -Randori	6:00-7:00 -Fundamental	6:00-7:00 -Randori	10:00-11:30 -Intermediate/ADV Comp Class
10:30-11:30 -Women's Class	12:00-1:00 -Fundamentals		12:00-1:00 -Fundamentals		12:00-2:00 -Randori	12:00-1:00 -Fundamentals
11:45-12:45 -Yoga	4:15-4:45 -Little Ninjas	4:15-4:45 -Little Ninjas	4:15-4:45 -Little Ninjas	4:15-4:45 -Little Ninjas	4:30-5:30 -Kids comp class	
	4:45-5:30 -ADV Ninjas/Juniors	4:45-5:30 -ADV Ninjas/Juniors	4:45-5:30 -ADV Ninjas/Juniors	4:45-5:30 -ADV Ninjas/Juniors	5:00-6:00 Randori	
	5:30-7:00 -Intermediate/Adv	5:30-6:30 -Fundamentals -Advanced GI	5:30-6:30 -Fundamentals	5:30-7:00 -Intermediate NOGI	6:00-7:00 -Fundamentals	
	6:30-7:00 -Porrada	6:30-7:00 -Porrada	6:30-7:00 -Porrada	6:30-7:00 -Porrada		
	7:00-8:00 -Fundamentals	7:00-8:00 -All Levels (NOGI)	7:00-8:00 -Comp Class	7:00-8:00 -Fundamentals -Muay Thai		
	8:00-9:00 -Muay Thai					

**Fundamentals Class:** Fundamentals Curriculum. All are welcome!  
**All Levels Class:** All are welcome!  
**Intermediate Class:** Must be a Green Belt or above

**Women's Class:** All women are welcome for free! *Tell your friends*  
**Advanced Class:** Blue belt and up only.



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