



# 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 -Fundamentals	6:00-7:00 -Randori	10:00-11:30 -Intermediate/ADV Comp Class
10:00-10:30 Women's open mat	12:00-1:00 -Fundamentals	12:00-1:00 -Muay Thai	12:00-1:00 -Fundamentals	12:00-1:00 -Muay Thai	12:00-2:00 -Randori	12:00-1:00 -Fundamentals
10:30-11:30 -Women's Class	4:15-4:45 -Little Ninjas	4:15-4:45 -Little Ninjas	4:15-4:45 -Little Ninjas	4:15-4:45 -Little Ninjas		
	4:45-5:30 -ADV Ninjas/Juniors	4:45-5:30 -ADV Ninjas/Juniors	4:45-5:30 -ADV Ninjas/Juniors	4:45-5:30 -ADV Ninjas/Juniors -Kids comp(ends @6pm)	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	6:00-7:30 -Intermediate/ Adv	
	7:00-8:00 -Fundamentals	7:00-8:00 -All Levels (NOGI)	7:00-8:30 -Comp Class	7:00-8:00 -Fundamentals -Muay Thai		
	8:00-9:00 -Muay Thai			8:00-8:30 -Randori(white belts)		

**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.