



DARK HORSE

BRAZILIAN JIU-JITSU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 Randori	6:00-7:00 -Randori NOGI	6:00-7:00 -Fundamentals	6:00-7:00 -Randori NOGI	6:00-7:00 -Fundamentals	6:00-7:00 -Randori NOGI	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 -All Levels NOGI	12:00-1:00 -Fundamentals	12:00-1:00 -All Levels NOGI	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	
6:00-7:00 -Yoga (yin)	5:30-7:00 -Intermediate/Adv	5:30-6:30 -Fundamentals -Advanced GI	5:30-6:30 -Fundamentals	5:30-7:00 -All Levels 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	7:00-8:15 -All Levels NOGI	7:00-8:30 -Comp Class	7:00-8:00 -Fundamentals		
	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.



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