



# DARK HORSE

BRAZILIAN JIU-JITSU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 -Randori		6:00-7:00 -Fundamentals		6:00-7:00 -Fundamentals	6:00-7:00 -Randori(all levels)	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 -Workshop	12:00-1:00 -Fundamentals	12:00-1:00 -Workshop	1 2:00-1:00 -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 NOGI	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) NOGI bi-weekly	5:00-5:30 -Randori	
	5:30-6:30 -Intermediate/Adv	5:30-6:30 -Fundamentals -Advanced GI	5:30-6:30 -Fundamentals	5:30-6:30 -Intermediate/Adv	5:30-6:30 -Intermediate/Adv	
6:00-7:00 -Yoga (yin)	6:30-7:00 -Porrada	6:30-7:00 -Porrada	6:30-8:00 -Intermediate/Adv	6:30-7:00 -Porrada		
	7:00-8:00 -Fundamentals	7:00-8:00 -Conditioning		7:00-8:00 -Fundamentals		
	8:00-8:30 -Randori(all levels)	8:00-9:00 -Intermediate NOGI		8:00-8:30 -Intermediate NOGI		
	8:00-9:00 -Muay Thai	8:00-9:00 -Muay Thai		8:00-9:00 -Randori(all levels)		
				8:00-9:00 -Muay Thai		

**Fundamentals Class:** Fundamentals Curriculum. *All are welcome!*

**Workshop** All Belts 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.