DARK HORSE
BRAZILIAN JIU-JITSU

950 S. Elgin Ave. Longmont, CO 80501
(303)-489-9614
bjjdarkhorse@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-11:00am Women's Class		6:00am-7:00am All levels		6:00am-7:00am All levels		8:00am-9:00am No Gi All Levels
11:00am-12:00pm Randori	12:00pm-1:00pm All Levels	12:00pm-1:00pm Workshop	12:00pm-1:00pm All Levels	12:00pm-1:00pm Workshop	12:00pm-1:00pm Randori	9:00am-10:00am Kickboxing
	4:15pm-4:45pm Little Ninjas	4:15pm-4:45pm Little Ninjas NOGI	4:15pm-4:45pm Little Ninjas	4:15pm-4:45pm Little Ninjas NOGI		10:00am-11:30am Intermediate
	4:45pm-5:30pm Juniors	4:45pm-5:30pm Juniors NOGI	4:45pm-5:30pm Juniors	4:45pm-5:30pm Juniors NOGI		11:30am-12:30pm All levels
	5:30pm-7:00pm Intermediate	5:30pm-6:30pm Fundamentals & Advanced	5:30pm-6:00pm Kids Comp Class	5:30pm-6:30pm Fundamentals & Intermediate	5:30pm-6:30pm Intermediate	12:30pm-1:00pm Randori (All Levels)
	6:30pm-7:00pm Porrada	6:30pm-7:00pm Porrada	5:30pm-6:30pm Intermediate	6:30pm-7:00pm Randori (All Levels)	6:30pm-7:00pm Porrada	
	7:00pm-8:00pm Fundamentals	7:00pm-8:00pm NOGI Intermediate	6:30pm-7:00pm Porrada	7:00pm-8:00pm NOGI Intermediate		
	8:00pm-8:30pm Randori (All Levels)	8:00pm-9:00pm Muay Thai	7:00pm-8:00pm Fundamentals	8:00pm-9:00pm Muay Thai		
	8:00pm-9:00pm Kickboxing					

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.