

MAT TIMES	MON	TUES	WED	THURS	FRI	SAT
10:30am - 12:00pm	All Levels JJ	All Levels JJ	All Levels JJ	All Levels JJ	Marathon Roll	All Levels JJ and Family JJ
12:00pm - 4:00pm	Intros & Privates	Intros & Privates	Intros & Privates	Intros & Privates	Intros & Privates	
4:00pm - 5:00pm	Youth GJJ All Levels	Youth Judo 3:30pm - 5:00pm	Youth GJJ All Levels	Youth Judo 3:30pm - 5:00pm	Youth GJJ All Levels	
5:30pm - 6:30pm	Fundamentals JJ	Fundamentals JJ	All Levels JJ	Fundamentals JJ	Focused Drilling	
6:30pm - 7:30pm	Advanced JJ	All Levels JJ	Fundamentals JJ	All Levels JJ	Adult Judo/Open	
7:30pm - 8:30pm	Adult Judo/Open	NOGI	Adult Judo/Open	NOGI		

Adult Classes at Guerrilla Jiu-Jitsu Headquarters require a GI or NOGI uniform. See staff for uniform policy.  
All classes begin with a short warm up. Classes are offered for multiple levels.

**Fundamentals JJ (GI Required):** Is designed using mixed martial arts concepts to coordinate the body and mind in pushing the students individual envelope in reaching their full potential as martial artist. This entails maximizing a practitioners ability to defend themselves in most any given situation.

**Advanced JJ (GI Required):** Are designed to pickup where the fundamentals class is left off in creating an elite level self-defense practitioner which will not only handle themselves in real world situations but also share their knowledge to others.

**Instructor's Choice (GI Required):** Instruction varies, so come prepared to learn.

**Open Mat (Gi Required):** Is a time where the student has complete freedom to progress in the art of Guerrilla Jiu-Jitsu how they see fit using methods they learn in the fundamentals and advanced Guerrilla Jiu-Jitsu classes.

**Marathon Roll (Gi Required):** 5 Minutes of rolling with 1 minute of rest for one hour.

**NOGI (Long Sleeve Rashguard and shorts Required):** This class develops the student for nogi competition and mma with focused training.

**Adult Judo:** Participant will have a separate rank in judo from jiu-jitsu. Must make 2 classes per week to be eligible for promotions in judo.

**Family JJ:** Joint class where kids and adults train together. Mat will be separated into a mixed and adult sections during sparring.