

NEW GJJ ADULTS SCHEDULE FOR PLEASANTON STARTS SEPTEMBER 12TH

MAT 1 TIMES*	MON	TUES	WED	THURS	FRI	SAT
10:00am - 11:00am						Instructor's choice 10:30am - 11:30am
11:00am - 12:00pm	Advanced JJ	Fundamentals JJ	Advanced JJ	Fundamentals JJ	Marathon Roll	NOGI 11:30am - 12:30pm
12:00pm - 4:00pm	Intros & Privates	Intros & Privates	Intros & Privates	Intros & Privates	Intros & Privates	
5:00pm - 6:00pm	Instructor's choice 5:30pm-6:30pm	Fundamentals JJ	Fundamentals JJ 5:30pm-6:30pm	Fundamentals JJ	Instructor's choice	
6:00pm - 7:00pm	Advanced JJ / Comp Team Training 6:30pm-7:30pm	Fundamentals JJ	Advanced JJ / Comp Team Training 6:30pm-7:30pm	Fundamentals JJ	Open Mat	
7:00pm - 8:00pm	NOGI 7:30pm-8:30pm	Comp Team Training**	NOGI 7:30pm-8:30pm	Comp Team Training**		

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.

MAT 1 TIMES*: Times listed are general times throughout the day when training is held. There will be some classes, where the times are listed below, when the class actually starts. For example, under "Instructor's Choice", the actual time listed is 5:30pm - 6:30pm. Please make note of this.

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. Classes held on Monday and Wednesday mornings are open to all levels.

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 explores the world of Jiu-Jitsu without the uniform. Here the student will focus on gaining control of an opponent without using the cloth of the gi. This class also has a more intense focus on neck and leg attacks with wrestling takedowns.

Comp Team Training:** This class is geared towards preparing GJJ students for competition. This class is seasonal, so be sure to check with the front to sign up for Comp Team Training Camp.