


# HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
06:30-07:30 AM	Private sessions available / Open Mat	Jiu Jitsu Rolls (Intermediate)	Private sessions available/ Open Mat	Jiu Jitsu Rolls (Intermediate)	Private sessions available/ Open Mat	Private sessions available/ Open Mat	Ninja Party Rental/ Open Mat		
08:00-12:00 AM		Private sessions available/ Open Mat		Private sessions available/ Open Mat		Private sessions available/ Open Mat		Private sessions available/ Open Mat	Mixed Martial Arts (10-11 AM)
11:00-12:00 PM	Jiu Jitsu GI (Fundamental)		Jiu Jitsu GI (Fundamental)		Jiu Jitsu GI (Fundamental)				Private sessions available / Ninja Party Rental / Open Mat
12:00-1:00 PM	Private sessions available / Open Mat		Jiu Jitsu NO-GI (Fundamental)		Jiu Jitsu NO-GI (Fundamental)				
1:00-4:45 PM		Private sessions available/ Open Mat	Private sessions available/ Open Mat						
4:45-5:40 PM	Kids Wrestling / Jiu Jitsu (Ages 4-12)	Kids Striking (Ages 4-12)	Kids Jiu Jitsu (Ages 4-12)	Kids Striking (Ages 4-12)	Kids MMA (Ages 4-12)				
5:45-7:00 PM	Jiu Jitsu (Fundamental)	Striking	Jiu Jitsu (Fundamental)	Striking	Jiu Jitsu (Advanced)				
7:00-8:00 PM	Open Rolls	Boxing	Open Roll	MMA Conditioning	Mixed Martial Arts				

**IN JIU JITSU EVENING CLASSES, WE ALTERNATE WEEKLY BETWEEN TRAINING IN GI AND NO-GI, CHECK THE SCHEDULE ATTACHED!**

## **ATTENTION JIU-JITSU LOVERS!**

### **FOR EVENING CLASSES:**

WEEK 3	JULY 15 -19	NO-GI
WEEK 4	JULY 22 -26	GI
WEEK 5	JULY 29 -2	NO-GI
WEEK 1	AUG 5 -9	GI
WEEK 2	AUG 12 -16	NO-GI
WEEK 3	AUGUST 19 -23	GI
WEEK 4	AUGUST 26 -30	NO-GI
WEEK 1	SEPTEMBER 2- 6	GI
WEEK 2	SEPTEMBER 9- 13	NO-GI
WEEK 3	SEPTEMBER 16- 20	GI
WEEK 4	SEPTEMBER 23 - 27	NO-GI
WEEK 1	SEPTEMBER 30 - 4	GI
WEEK 2	OCTOBER 7 - 11	NO-GI
WEEK 3	OCTOBER 14 - 18	GI
WEEK 4	OCTOBER 21 - 25	NO-GI