

**Park City Jiu-Jitsu**  
**Class Schedule**  
*As of 9.1.2017*

<u>Program</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Kids Programs	4:30pm to 5:30pm Advanced Kids Class T: Gator and Ethan	4:00pm to 5:00pm Beginners Kids Class T: Mike and Ethan	4:30pm to 5:30pm Advanced Kids Class T: Mike and Gator	4:00pm to 5:00pm Beginners Kids Class T: Mike and Becca		10:00am to 11:00am All Kids Class T: Mike	
Adult Programs	7:00pm to 8:00pm Adult Fundamentals T: Nick	5:00pm to 5:45pm Ginastica T: Mike	5:45pm to 6:45pm Adult Class T: Mike	5:00pm to 5:45pm Ginastica T: Mike	12:00pm to 12:45pm Adult Class T: Nate	11:00am to 12:00pm Adult Class T: Mike	9:00am to 9:45am Adult Class T: Nate
Room Transition		Roll Up Mats and Transition to Small Room		Roll Up Mats and Transition to Small Room			
Adult Open Mat	8:00pm to 9:00pm Open Mat T: Nick	6:00pm to 6:45pm Advanced Open Mat* T: Mike	6:45pm to 7:45pm Open Mat T: Mike	6:00pm to 6:45pm Advanced Open Mat* T: Mike	12:45pm to 1:30pm Open Mat T: Nate	12:00pm to 1:00pm Open Mat T: Mike	9:45am to 10:30am Open Mat T: Nate
Adult Programs		6:45pm to 7:30pm** Adult Fundamentals T: Aaron		6:45pm to 7:30pm** Adult Class T: Mike			

Notes:

\* Advanced Open Mat reserved for blue belts and up

\*\* No warm-up will occur; please warm-up prior to class

No-Gi classes