

**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<br>Advanced Kids Class<br>T: Gator and Ethan | 4:00pm to 5:00pm<br>Beginners Kids Class<br>T: Mike and Ethan | 4:30pm to 5:30pm<br>Advanced Kids Class<br>T: Mike and Gator | 4:00pm to 5:00pm<br>Beginners Kids Class<br>T: Mike and Becca |  | 10:00am to 11:00am<br>All Kids Class<br>T: Mike |  |
| Adult Programs  | 7:00pm to 8:00pm<br>Adult Fundamentals<br>T: Nick             | 5:00pm to 5:45pm<br>Ginastica<br>T: Mike                      | 5:45pm to 6:45pm<br>Adult Class<br>T: Mike                   | 5:00pm to 5:45pm<br>Ginastica<br>T: Mike                      | 12:00pm to 12:45pm<br>Adult Class<br>T: Nate | 11:00am to 12:00pm<br>Adult Class<br>T: Mike    | 9:00am to 9:45am<br>Adult Class<br>T: Nate |
| Room Transition |   | Roll Up Mats and<br>Transition to Small Room                  |  | Roll Up Mats and<br>Transition to Small Room                  |  |   |  |
| Adult Open Mat  | 8:00pm to 9:00pm<br>Open Mat<br>T: Nick                       | 6:00pm to 6:45pm<br>Advanced Open Mat*<br>T: Mike             | 6:45pm to 7:45pm<br>Open Mat<br>T: Mike                      | 6:00pm to 6:45pm<br>Advanced Open Mat*<br>T: Mike             | 12:45pm to 1:30pm<br>Open Mat<br>T: Nate     | 12:00pm to 1:00pm<br>Open Mat<br>T: Mike        | 9:45am to 10:30am<br>Open Mat<br>T: Nate   |
| Adult Programs  |   | 6:45pm to 7:30pm**<br>Adult Fundamentals<br>T: Aaron          |  | 6:45pm to 7:30pm**<br>Adult Class<br>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