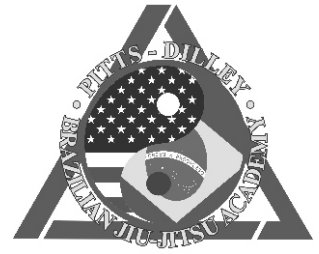




## Class Schedule Effective January 20th, 2010



Morning	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 AM				All Levels		
Afternoon						
11:00-12:00 PM						Kids (ages 3-7)
12:00-1:00 PM						Fundamentals
1:00-2:00 PM						ADV
Evening						
5:00-5:45 PM			Kids (ages 3-7)		Kids (ages 3-7)	
5:45-6:30 PM			Juniors (ages 8-16)		Juniors (ages 8-16)	
6:30-7:30 PM	NO-GI	ADV	Fundamentals	ADV	Fundamentals	
7:30-8:00 PM		Open Mat*		Open Mat*		

\*Students must have prior permission from the instructor to participate in open mat sessions.

### ACADEMY RULES:

1. All students must be in class on time. Any student more than 20 minutes late to class shall not step onto the mat without the instructor's consent.
2. For the safety of all our students, proper uniform is required:
  - a. All students must wear a Jiu-Jitsu gi for all classes except Monday night No-Gi class;
  - b. Students must wear properly fitting MMA or sparring shorts and a t-shirt or rash guard with sleeves (no tank tops) for the Monday night No-Gi class. No shorts with buttons or zippers are allowed on the mat;
  - c. Students are strongly advised to wear protective gear including a mouth guard and protective cup (for men). Students may not wear jewelry of any kind on the mat;
3. Absolutely no shoes are allowed on the mats. Absolutely no bare feet allowed off the mats.
4. Spectators are expected to stay in the lobby area or outside the Academy. Please keep conversations and other distractions to a minimum.
5. For safety **please keep all non-participating children off the mats at all times.**

Schedule is subject to changes periodically, please check the bulletin board and [www.BJJofPalmCoast.com](http://www.BJJofPalmCoast.com) for updates.  
 Private classes available upon request, please call for more information.  
 Open mat classes are only for Advanced students.  
 Advanced students can attend all classes.

# 386-206-5486

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## www.BJJofPalmCoast.com