



# JIU JITSU FOUNDATION

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EFFECTIVE, JANUARY 1ST 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JUNIOR CLASSES</b>						
LITTLE CHAMPS 1	3:00P-3:45P	3:45P-4:30P	3:00P-3:45P	3:45P-4:30P		9:15A-10:00A
LITTLE CHAMPS 2		3:00P-3:45P 3:45P-4:30P		3:00P-3:45P 3:45P-4:30P		
JR GRAPPLERS 1	3:45P-4:30P 5:30-6:20P	3:00p 3:45P 4:30P-5:30P	3:45P-4:30P 5:30-6:20P	3:00p 3:45P 4:30P-5:30P		9:15A-10:00A
JR GRAPPLERS 2	3:45P-4:30P 5:30-6:20P	4:30P-5:30P	3:45P-4:30P 5:30-6:20P	4:30P-5:30P		9:15A-10:00A
JR GRAPPLERS 3	4:30P-5:30P	5:30-6:30P	4:30P-5:30P	5:30-6:30P		
TEENS BEGINNERS	4:30P-5:30P		4:30P-5:30P			
TEENS ADVANCED		5:30-6:30P		5:30-6:30P		
JR. BLACK BELT CLUB 6-9						10:00A-11:00A
JR. BLACK BELT CLUB 10-14						11:00A-12:00P
<b>ADULT CLASSES</b>						
Adult All Levels			6:00 - 7:00A		6:00 - 7:00A 10:00 - 11:00A	7:00A - 8:00A 12P-1:00P
ADULT FUNDAMENTAL	10:00 - 11:00A 6:30P-7:30P	7:30P - 8:30P	10:00 - 11:00A 6:30P-7:30P	7:30P - 8:30P		
ADULT INTERMEDIATE	6:30P-7:30P	6:30P-7:30P	6:30P-7:30P	6:30P-7:30P		
ADULT BLACK BELT PROGRAM	7:30P - 9:00P	9:00A-10:30A	7:30P - 9:00P	9:00A-10:30A		

## PRE REQUIREMENTS

<b>Jr. Black Belt Club</b>	Invitation Only
<b>Adult Fundamental</b>	Orientation Class
<b>Adult Sparring</b>	1 Stripe White Belt & Above
<b>Adult Intermediate</b>	3 Stripe White Belt & Above or Invitation
<b>Adult Black Belt Program</b>	Blue Belt and Above or invitation

## **10 Things Every Student Must Know**

1. Arrive 5-10 minutes prior to scheduled class
2. Wash your gi after EVERY class
3. Pull your attendance card before entering the class
4. Always bring your water bottle to class
5. Attend class on a regular and consistent basis
6. Trim and file your finger nails
7. Always wear a T-shirt or rash guard under your Gi.
8. Make arrangements with instructors for make-up classes
9. Always help the newer students
10. Respect everything and everyone at Jiu Jitsu Foundation