

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>COMPETITION CLASS/OPEN MAT</b> Check the Facebook group for Sunday schedule.	5:30 AM - 7 AM <b>ALL LEVELS GI</b>		5:30 AM - 7 AM <b>ALL LEVELS NO-GI</b>		5:30 AM - 7 AM <b>ALL LEVELS GI</b>	9:30 AM - 10:30 AM <b>KIDS + TEENS NO-GI</b>
	11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	11 AM - 12:30 PM <b>OPEN MAT</b>
	4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>	4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>	4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>	4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>	4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>	
	6 PM - 7:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	6 PM - 7 PM <b>FUNDAMENTALS/ ALL LEVELS GI</b>	6 PM - 7:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	6 PM - 7 PM <b>FUNDAMENTALS/ ALL LEVELS GI</b>	6 PM - 7:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	
		7 PM - 8:15 PM <b>ADVANCED NO-GI</b>		7 PM - 8:15 PM <b>ADVANCED NO-GI</b>		
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## PROGRAMS

- FUNDAMENTALS:** ADULTS + TEENS AGE 15+. WHITE BELTS ONLY. MAY ATTEND FUNDAMENTALS CLASSES + OPEN MATS.
- ADVANCED:** ADULTS + TEENS AGE 15+. THREE STRIPE MINIMUM ON WHITE BELT. MAY ATTEND GI, NO-GI, AND OPEN MATS.
- KIDS + TEENS:** AGES 5-14. MAY ATTEND ALL KIDS + TEENS GI AND NO-GI CLASSES. CLASSES ARE SPLIT INTO SEPARATE AGE GROUPS FOR PARTNER PRACTICE. (TEENS MAY BE ELIGIBLE TO ATTEND ADULT CLASSES INSTEAD.)
- ALL LEVELS GI:** FUNDAMENTALS ONLY FOR BEGINNING AND ADVANCED STUDENTS TO FOCUS ON A SOLID FOUNDATION.
- ALL LEVELS GI & ADV. NO-GI:** CLASSES ARE SEPARATED INTO FUNDAMENTALS GI AND ADVANCED NO-GI GROUPS.
- PRIVATE LESSONS:** ONE TO THREE-PERSON PRIVATE LESSONS ARE AVAILABLE. PLEASE SPEAK WITH THE COACH YOU'D LIKE TO TRAIN WITH AND BOOK DIRECTLY WITH THEM.

**TRY YOUR FIRST CLASS FREE.**  
**CALL OR TEXT: 775-378-6370**

**FOLLOW US ON INSTAGRAM:**  
 @RENZOGRACIERENO

- IMPORTANT/REQUIREMENTS:**
- Arrive with freshly washed attire for every class
  - Upon arrival, go wash your hands
  - If you've traveled in the last 14 days or been in contact with a sick person, don't come to class
  - If you feel ill at all, do NOT come to class (duh!)