

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

- FUNDAMENTALS:** ADULTS + TEENS AGE 14+. WHITE BELTS ONLY. MAY ATTEND FUNDAMENTALS CLASSES + OPEN MATS.
- ADVANCED:** ADULTS + TEENS AGE 14+. THREE STRIPE MINIMUM ON WHITE BELT. MAY ATTEND GI, NO-GI, AND OPEN MATS.
- KIDS + TEENS:** AGES 5-13. 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!)