

SUN	MON	TUES	WED	THURS	FRI	SAT
9 AM - 10:30 AM <b>L.E.O. CLASS</b> (LAW ENFORCEMENT OFFICERS ONLY)  <b>COMPETITION CLASS/OPEN MAT</b> Check the private Facebook group for Sunday comp class.	5:30 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED 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 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>  6 PM - 7 PM <b>FUNDAMENTALS/ ALL LEVELS GI</b>  7 PM - 8:15 PM <b>ADVANCED NO-GI</b>	5:30 AM - 7 AM <b>ALL LEVELS NO-GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>  6 PM - 7:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	6 AM - 7 AM <b>ALL LEVELS NO-GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>  6 PM - 7 PM <b>FUNDAMENTALS/ ALL LEVELS GI</b>  7 PM - 8:15 PM <b>ADVANCED NO-GI</b>	5:30 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>  6 PM - 7 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  7 PM - 8:15 PM <b>ADVANCED GI</b>	9:30 AM - 10:30 AM <b>KIDS + TEENS NO-GI</b>  11 AM - 12:30 PM <b>OPEN MAT</b>  12:30 PM - 1:45 PM <b>ADVANCED MMA</b>
SUN	MON	TUES	WED	THURS	FRI	SAT

## PROGRAMS

- FUNDAMENTALS:** ADULTS + TEENS AGE 14+. WHITE BELTS ONLY. MAY ATTEND FUNDAMENTALS, ALL LEVELS, AND OPEN MATS.
- ADVANCED:** ADULTS + TEENS AGE 14+. THREE STRIPE MINIMUM ON WHITE BELT. MAY ATTEND ALL CLASSES + 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 FOR BEGINNING AND ADVANCED STUDENTS TO FOCUS ON A SOLID FOUNDATION.
- ALL LEVELS NO-GI:** ALL BELT LEVELS MAY ATTEND. LIVE TRAINING PORTION RESTRICTED FOR WHITE BELTS UNDER THREE STRIPES.
- ALL LEVELS GI & ADVANCED NO-GI:** THIS COMBINED CLASS IS SEPARATED ON THE MAT INTO FUNDAMENTALS GI AND ADVANCED NO-GI GROUPS.
- PRIVATE LESSONS:** 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, please wash your hands.
- If you've been in recent contact with a sick person, do **NOT** come to class.
- If you feel ill, do **NOT** come to class.