

SUN	MON	TUES	WED	THURS	FRI	SAT
9 AM - 10:30 AM <b>L.E.O. CLASS</b> LAW ENFORCEMENT OFFICERS ONLY  11 AM - 12:30 PM <b>ADVANCED COMPETITION CLASS</b>  5 PM - 6 PM <b>JIU JITSU FLO</b>	5:30 AM - 7 AM <b>ALL LEVELS GI</b>  8 AM - 9 AM <b>JIU JITSU CONDITIONING</b>  11 AM - 12:30 PM <b>FUNDAMENTALS GI</b>  11 AM - 12:30 PM <b>ADVANCED NO-GI</b>  <div style="background-color: #008080; color: white; padding: 5px;">4:30 PM - 5:30 PM KIDS + TEENS GI</div> 5:45 PM - 6:30 PM <b>ALL LEVELS NO-GI</b>  6:30 PM - 7:45 PM <b>ALL LEVELS GI</b>  6:30 PM - 7:45 PM <b>ADVANCED NO-GI</b>	6 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>FUNDAMENTALS GI</b>  11 AM - 12:30 PM <b>ADVANCED NO-GI</b>  <div style="background-color: #008080; color: white; padding: 5px;">4:30 PM - 5:30 PM KIDS + TEENS NO-GI</div> 6 PM - 7 PM <b>FUNDAMENTALS GI</b>  6 PM - 7 PM <b>ADVANCED GI</b>  7 PM - 8:15 PM <b>ADVANCED NO-GI</b>	5:30 AM - 7 AM <b>ALL LEVELS NO-GI</b>  8 AM - 9 AM <b>JIU JITSU CONDITIONING</b>  11 AM - 12:30 PM <b>OPEN MAT + POSITIONAL TRAINING</b> OPEN TO ALL OF OUR ENROLLED STUDENTS  <div style="background-color: #008080; color: white; padding: 5px;">4:30 PM - 5:30 PM KIDS + TEENS NO-GI</div> 6 PM - 7:30 PM <b>ALL LEVELS GI</b>  6 PM - 7:30 PM <b>ADVANCED NO-GI</b>	6 AM - 7 AM <b>ALL LEVELS NO-GI</b>  11 AM - 12:30 PM <b>FUNDAMENTALS GI</b>  11 AM - 12:30 PM <b>ADVANCED NO-GI</b>  <div style="background-color: #008080; color: white; padding: 5px;">4:30 PM - 5:30 PM KIDS + TEENS GI</div> 6 PM - 7 PM <b>FUNDAMENTALS GI</b>  6 PM - 7 PM <b>ADVANCED 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>FUNDAMENTALS GI</b>  11 AM - 12:30 PM <b>ADVANCED NO-GI</b>  <div style="background-color: #008080; color: white; padding: 5px;">4:30 PM - 5:30 PM KIDS + TEENS GI</div> 6 PM - 7:30 PM <b>ALL LEVELS GI</b>  6 PM - 7:30 PM <b>ADVANCED GI</b>	<div style="background-color: #008080; color: white; padding: 5px;">9:30 AM - 10:30 AM KIDS + TEENS NO-GI</div>  11 AM - 12:30 PM <b>OPEN MAT</b> OPEN TO ALL OF OUR ENROLLED STUDENTS
SUN	MON	TUES	WED	THURS	FRI	SAT

## CLASS DETAILS HAVE QUESTIONS? FEEL FREE TO CALL US: 775-378-6370

**FUNDAMENTALS:** ADULTS + TEENS AGE 14+. FOCUS ON WHITE BELT IMPROVEMENT AND CREATING A STRONG FOUNDATION.

**ADVANCED:** ADULTS + TEENS AGE 14+. FOCUS ON ADVANCED TECHNIQUES. MUST HAVE AN ADVANCED MEMBERSHIP.

**ALL LEVELS:** ALL BELTS MAY ATTEND. MODIFIED LIVE TRAINING FOR WHITE BELTS UNDER THREE STRIPES. MUST HAVE AN ADVANCED MEMBERSHIP.

**KIDS + TEENS:** KIDS AGES 5-13. CLASSES ARE SPLIT INTO SEPARATE GROUPS FOR LITTLES (5-7) AND BIG KIDS (8-13) FOR AGE-APPROPRIATE LESSONS + PRACTICE. (TEENAGERS 13+ MAY BE ELIGIBLE TO ATTEND ADULT CLASSES.)

**PRIVATE LESSONS:** PLEASE SPEAK WITH YOUR COACH + BOOK WITH THEM DIRECTLY FOR PRIVATE LESSONS.

### OUR HEAD PROFESSOR: MAX MCGARR

Max taught at the flagship Renzo Gracie Academy in NYC for over a decade. He is a third degree black belt directly under Renzo Gracie and John Danaher. Max moved to Reno and opened Renzo Gracie Reno in early 2018, where he continues to teach.



**TRY A FREE CLASS**  
 CALL OR TEXT: 775-378-6370

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