

SUN	MON	TUES	WED	THURS	FRI	SAT
COMPETITION CLASS/OPEN MAT Check the private Facebook group for Sunday schedule.	5:30 AM - 7 AM ALL LEVELS GI	6 AM - 7 AM ALL LEVELS GI	5:30 AM - 7 AM ALL LEVELS NO-GI	6 AM - 7 AM ALL LEVELS 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 GI	4:30 PM - 5:30 PM KIDS + TEENS GI	12:30 PM - 1:45 PM ADVANCED MMA
	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 PM ALL LEVELS GI & ADVANCED NO-GI	
		7 PM - 8:15 PM ADVANCED NO-GI		7 PM - 8:15 PM ADVANCED NO-GI	7 PM - 8:15 PM ADVANCED GI	
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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.