RENZO GRACIE RENO
BRAZILIAN JIU-JITSU
WWW.RENZOGRACIERENO.COM

CLASS SCHEDULE

LOCATED ON MAE ANNE & ROBB
6370 MAE ANNE AVE. SUITE 6 RENO NV 89523

SUN	MON	TUES	WED	THURS	FRI	SAT
9 AM - 10:30 AM **L.E.O. CLASS** LAW ENFORCEMENT OFFICERS ONLY	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 **ADVANCED COMPETITION CLASS**	8 AM - 9 AM **JIU JITSU CONDITIONING**	7 AM - 8 AM ALL LEVELS GI	8 AM - 9 AM **JIU JITSU CONDITIONING**	7 AM - 8 AM ALL LEVELS NO-GI		11 AM - 12:30 PM **OPEN MAT** OPEN TO ALL OF OUR ENROLLED STUDENTS
5 PM - 6 PM **JIU JITSU FLO**	11 AM - 12:30 PM **FUNDAMENTALS GI**	11 AM - 12:30 PM **FUNDAMENTALS GI**	11 AM - 12:30 PM **OPEN MAT + POSITIONAL TRAINING** OPEN TO ALL OF OUR ENROLLED STUDENTS	11 AM - 12:30 PM **FUNDAMENTALS GI**	11 AM - 12:30 PM **FUNDAMENTALS GI**	
	11 AM - 12:30 PM **ADVANCED NO-GI**	11 AM - 12:30 PM **ADVANCED NO-GI**		11 AM - 12:30 PM **ADVANCED NO-GI**	11 AM - 12:30 PM **ADVANCED NO-GI**	
	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**	
	5:45 PM - 6:30 PM ALL LEVELS NO-GI	6 PM - 7 PM **FUNDAMENTALS GI**	6 PM - 7:30 PM ALL LEVELS GI	6 PM - 7 PM **FUNDAMENTALS GI**	6 PM - 7:30 PM ALL LEVELS GI	
	6:30 PM - 7:45 PM ALL LEVELS GI	6 PM - 7 PM **ADVANCED GI**	6 PM - 7:30 PM **ADVANCED NO-GI**	6 PM - 7 PM **ADVANCED GI**	6 PM - 7:30 PM **ADVANCED GI**	
	6:30 PM - 7:45 PM **ADVANCED NO-GI**	7 PM - 8:15 PM **ADVANCED NO-GI**	7:30 PM - 8:30 PM WRESTLING	7 PM - 8:15 PM **ADVANCED NO-GI**		

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 FOR NO-GI.

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

FOLLOW US ON INSTAGRAM: @RENZOGRACIERENO

2024 THE OFFICIAL COMMUNITY'S CHOICE AWARDS Best of Reno WINNER