

HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06:30-07:30 AM	Private sessions available / Open Mat	Jiu Jitsu Rolls (Intermediate)	Private sessions available/ Open Mat	Jiu Jitsu Rolls (Intermediate)	Private sessions available/ Open Mat	Private sessions available/ Open Mat	Ninja Party Rental/ Open Mat	
		Private sessions available / Open Mat		Private sessions available/ Open Mat				Private sessions available / Open Mat
09:00-10:00 AM	Jiu Jitsu GI (Fundamental)		Jiu Jitsu GI (Fundamental)		Jiu Jitsu GI (Fundamental)			
10:00-11:00 AM	Private sessions available / Open Mat		Jiu Jitsu NO-GI (Fundamental)		Jiu Jitsu NO-GI (Fundamental)	Mixed Martial Arts		
11:00 AM - 4:45 PM			Private sessions available/ Open Mat		Private sessions available/ Open Mat	Private sessions available/ Open Mat		
4:45-5:40 PM	Kids Wrestling / Jiu Jitsu (Ages 4-12)		Kids Striking (Ages 4-12)		Kids Jiu Jitsu (Ages 4-12)	Kids Striking (Ages 4-12)		
5:45-7:00 PM	Jiu Jitsu (Fundamental)	Striking	Jiu Jitsu (Fundamental)	Striking	Jiu Jitsu (Advanced)			
7:00-8:00 PM	Open Rolls	Boxing	Boxing	MMA Conditioning	Mixed Martial Arts			

IN JIU JITSU EVENING CLASSES, WE ALTERNATE WEEKLY BETWEEN TRAINING IN GI AND NO-GI. CHECK THE WEBSITE FOR YOUR REFERENCE OR TEXT 970.949.0662 FOR ANY QUESTIONS.