

HIGH ALTITUDE MARTIAL ARTS

BRAZILIAN JIU JITSU

	8:00A-9:00A	9:00A-10:00A	10:00A-11:00A	11:00A-12:00P	4:30P-5:30P	5:30P-6:30P	6:30P-7:30P	7:30P-8:00P	7:30P-8:30P	8:30P-9:00P
MONDAY	FUNDAMENTALS	INTERMEDIATE			FUNDAMENTALS	FUNDAMENTALS	ADVANCED (NOGI)		ALL LEVELS	RANDORI
					INTERMEDIATE	RANDORI ADVANCED (NOGI)				
TUESDAY	FUNDAMENTALS (NOGI)	INTERMEDIATE (NOGI)			FUNDAMENTALS (NOGI)	INTERMEDIATE (NOGI)	ADVANCED (NOGI)		FUNDAMENTALS (NOGI)	RANDORI (NOGI)
								INTERMEDIATE (NOGI)		
WEDNESDAY	FUNDAMENTALS	INTERMEDIATE			FUNDAMENTALS	FUNDAMENTALS	ADVANCED		ALL LEVELS	RANDORI
					INTERMEDIATE	RANDORI ADVANCED				
THURSDAY	FUNDAMENTALS (NOGI)	INTERMEDIATE (NOGI)			FUNDAMENTALS (NOGI)	INTERMEDIATE (NOGI)	ADVANCED (NOGI)		FUNDAMENTALS (NOGI)	RANDORI (NOGI)
								INTERMEDIATE (NOGI)		
FRIDAY	FUNDAMENTALS	INTERMEDIATE			FUNDAMENTALS	FUNDAMENTALS	RANDORI			
					INTERMEDIATE					
SATURDAY		FUNDAMENTALS (NOGI)	RANDORI (NOGI)							
		LADIES ONLY (NOGI)								
		JUDO								
SUNDAY										RANDORI

FUNDAMENTALS	INTERMEDIATE	ADVANCED	RANDORI
(ALL LEVELS)	(2 STRIPE & ABOVE)	(BLUE BELT & ABOVE)	(2 STRIPE & ABOVE)