



RONIN ATHLETICS

SCHEDULE OF CLASSES

RoninAthletics.com

Effective Dec. 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	Closed	BJJ 101/201 Live Practice Gi/No-Gi/MMA 6:00 - 8:00	Closed	BJJ 101/201 Live Practice Gi/No-Gi/MMA 6:00 - 8:00	Closed	Closed	Closed
AFTERNOON	Closed	BJJ 101/201 Submission Grappling 12:00 - 1:00 OPEN MAT 1:00 - 2:00	Closed	BJJ 101/201 Submission Grappling 12:00 - 1:00 OPEN MAT 1:00 - 2:00	Closed	Kickboxing 101 Basics & Conditioning 12:00 - 1:00 Fundamentals BJJ/MMA Beginner 1:00 - 2:00 OPEN MAT 2:00 - 3:00	Closed
EVENING	OPEN 5:00 - 6:00 BJJ 101/201 Submission Grappling 6:00 - 7:00 OPEN MAT 7:00 - 8:00	OPEN 5:00 - 6:00 Kickboxing 101 Basics & Conditioning 6:00 - 7:00 Fundamentals BJJ/MMA Beginner 7:00 - 8:00	OPEN 5:00 - 6:00 BJJ 101/201 Submission Grappling 6:00 - 7:00 OPEN MAT 7:00 - 8:00	OPEN 5:00 - 6:00 Kickboxing 101 Basics & Conditioning 6:00 - 7:00 Fundamentals BJJ/MMA Beginner 7:00 - 8:00	OPEN 5:00 - 6:00 Wrestling 101 Drills / Takedowns 6:00 - 7:00 OPEN MAT 7:00 - 8:00	Closed	Closed
NIGHT	MMA 201 Drills & Sparring 8:00 - 9:00	BJJ 101/201 Sport JJ with Gi 8:00 - 9:30	Kickboxing 201 Drills & Sparring 8:00 - 9:00	BJJ 101/201 Sport JJ with Gi 8:00 - 9:30	Closed	Closed	Closed