



Five Rings

Effective: Monday, June 14, 2021



Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Mov't & Fit 6:15 - 7:00 In-Person Only		Mov't & Fit 6:15 - 7:00 In-Person Only		Mov't & Fit 6:15 - 7:00 In-Person Only			
Adult Jits - All Levels 7:00 - 7:50 In-Person Only	A Firma 7:00 - 7:50 In-Person Only	Adult Jits - All Levels 7:00 - 7:50 In-Person Only		Adult Fully Vaccinated Open Mat 7:00 - 8:30 am In-Person Only	Fitness Circuit 8:00 - 8:50 In-Person Only		
	Reserved Buddy Drill 8:00 - 11:00 am		Reserved Buddy Drill 8:00 - 11:00 am	Reserved Buddy Drill 9:00 am - 6:00 pm	Youth - Bigs 9:30 - 10:20 Zoom Meeting ID: 174-096-214	Reserved Buddy Drill 10:00 am - 6:00 pm	
Youth - Samurai 3:30 - 4:00 Zoom Meeting ID: 459-769-311		Youth - Samurai 3:30 - 4:00 Zoom Meeting ID: 459-769-311			Youth - Samurai 10:30 - 11:00 Zoom Meeting ID: 459-769-311	Adult Fully Vaccinated Open Mat 8:00 - 9:30 am In-Person Only	
Youth - Bigs 4:10 - 5:00 In-Person Only		Youth - Bigs 4:10 - 5:00 In-Person Only			Adult Jits Partner - Beg. 11:10 - 12:00 In-Person Only		
	Youth - Bigs 5:00 - 5:50 Zoom Meeting ID: 174-096-214		Youth - Bigs 5:00 - 5:50 Zoom Meeting ID: 174-096-214		Saturday Reserved Buddy Drill 11:00 - 6:00 pm	Yoga Varied Days & Times Connect with Coach Kristy to find monthly availability	
						Key	
Adult Jits - All Levels 5:10 - 6:00 In-Person Only		Adult Jits - All Levels 5:10 - 6:00 In-Person Only				In Person Only	
Adult Fully Vaccinated Open Mat 6:00 - 6:50 pm In-Person Only	Adult Jits - Beg 6:00 - 6:50 In-Person Only	Adult Fully Vaccinated Open Mat 6:00 - 7:30 pm In-Person Only	Adult Jits - Beg 6:00 - 6:50 In-Person Only			In-Perason & Digital Class	
Yoga 7:00 - 8:00 Digital Only Zoom Meeting ID: 328-738-787	Adult Jits - Interm / Adv 7:00 - 7:50 In-Person Only		Adult Jits - Interm / Adv 7:00 - 7:50 In-Person Only				

Adult Brazilian Jiu Jitsu (BJJ) Technical Classes

Fundamentals

- BJJ 1: White belt - 1st stripe | 8 classes
- BJJ 2: White belt - 2nd, 3rd and 4th stripes | 12 classes
- BJJ 3: Yellow + Orange belts | 24 classes per level

Advanced

- BJJ 4: Green, Blue, Purple, Brown, and Black belts or by invitation

Drill for Skill (D4S)

Improving movement quality in fundamental positions, techniques, and flow patterns
This class will take learned techniques into performance proven skills

Competition Team

Tournament specific training and tactics. Must be a yellow belt or higher to be a member.
Consists of a team practice, weekly combat rounds, and weekly "to-do" lists of training and conditioning.

A Firma (Closed Group)

Semi-private training groups
Focused on accelerated skill acquisition and personal development
Tuesday at 6:30 am + Wednesday at 6:00 pm