

NMJJA Weekly Class Schedule

Web: www.nmjiujitsu.com Address: 5600-B San Francisco NE Albuquerque, NM 87109 Phone: (505) 341-1500

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Grand Master Fundamentals /Adv. GJJ 11:00am-12:00pm		Grand Master Fundamentals /Adv. GJJ 11:00am-12:00pm		Muay Thai Kickboxing 8:45am-9:45am
	GJJ Sparring 12:00pm-12:30pm		GJJ Sparring 12:00pm-12:30pm	VIP Private Lessons 12:00pm-1:00pm	Jr. Grapplers (8-14) 10:00am-10:45am
Jr. Grapplers (8-14) 5:00pm-5:45pm	Little Champs (5-7) 5:00pm-6:00pm	Jr. Grapplers (8-14) 5:00pm-5:45pm	Little Champs (5-7) 5:00pm-6:00pm	VIP Private Lessons 1:00pm-2:00pm	Black Belt Club (8-14) 10:45am-11:00am
Black Belt Club (8-14) 5:45pm-6:00pm	Muay Thai Kickboxing 6:00pm-7:00pm	Black Belt Club (8-14) 5:45pm-6:00pm		VIP Private Lessons 2:00pm-3:00pm	Bring a Friend Day! Grand Master Fundamentals/ Reflex Development 11:00am-12:00pm
Grand Master Fundamentals / Adv. GJJ 6:00pm-7:00pm	Adv. GJJ 6:00pm-7:00pm	Grand Master Fundamentals / Adv. GJJ 6:00pm-7:00pm	Adv. GJJ 6:00pm-7:00pm	VIP Private Lessons 3:00pm-4:00pm	Troubleshoot with the Black Belts 12:00pm-1:00pm
GJJ Sparring 7:00pm-7:30pm	GJJ Sparring 7:00pm-7:30pm	GJJ Sparring 7:00pm-7:30pm	GJJ Sparring 7:00pm-7:30pm	VIP Private Lessons 4:00pm-5:00pm	GJJ Sparring 1:00pm-1:30pm
Wing Chun 7:30pm-8:30pm	Grand Master Fundamentals 7:30pm-8:30pm	Wing Chun 7:30pm-8:30pm	Grand Master Fundamentals 7:30pm-8:30pm	GJJ Drilling 6:00pm-7:00pm	Judo (Randori) 1:30pm-2:30pm

Muay Thai Kickboxing 7:30pm-8:30pm	Judo 7:30pm-9:00pm	Muay Thai Kickboxing 7:30pm-8:30pm	Judo 7:30pm-9:00pm		
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GMF- all belt levels **GJJ Sparring**- one stripe and above **Fight Simulation Class**- four stripes and above **Adv. GJJ**-blue belt and above

Reflex Development Class – In this class you will learn how to execute all variations of the 83 Grand Master Fundamentals techniques in every possible combination. GMF Students must complete each class two times in order to qualify. Advanced Students are encouraged to attend this class at least once a month to ensure that the quintessential fundamental techniques are never forgotten.

“Bring a Friend” Class: The Grand Master’s Fundamentals classes on **Wednesday night at 6:00pm and Saturday morning at 11:00am** are official “Bring a Friend” classes where you are allowed to bring up to 2 friends with you to try the class absolutely free. Simply show up with your friend about 15 minutes early and we will take care of the rest. During the class you will partner up with your friend so that you can help them with the techniques. Be sure to tell your friend that the class and gi are absolutely free and that there is no obligation to sign-up.