

// CLASSES //

// STRENGTH & CONDITIONING

MONDAY THROUGH THURSDAY 5:00-6:00PM

*WHETHER YOU'RE A COMPETITIVE ATHLETE LOOKING FOR AN EDGE OR A DESK JOCKEY LOOKING TO GET BACK IN SHAPE, THIS CLASS IS GUARANTEED TO CHALLENGE YOU AND HELP YOU ACHIEVE YOUR FITNESS GOALS. RUNS CONCURRENTLY WITH THE **GRACIE JIU-JITSU - CORE CURRICULUM** CLASS.*

// GRACIE JIU-JITSU - CORE CURRICULUM

MONDAY THROUGH THURSDAY 5:00-6:00PM

*THE FIGHT GYM'S JIU-JITSU FUNDAMENTALS CLASS. IN THIS CLASS WE COVER THE CORE MATERIAL OF THE ART: THE STANDING AND GROUND SELF-DEFENSE TECHNIQUES THAT THE FOUNDER OF THE ART, HELIO GRACIE, SAW FIT TO INCLUDE IN HIS "MASTER TEXT" OF GRACIE JIU-JITSU. THIS CLASS IS RECOMMENDED FOR BEGINNERS. RUNS CONCURRENTLY WITH THE **STRENGTH & CONDITIONING** SESSION.*

// GRACIE JIU-JITSU - OPEN FORUM / Q&A

MONDAY THROUGH THURSDAY 6:15-7:30PM

THIS IS THE FIGHT GYM'S "ADVANCED" JIU-JITSU CLASS. EXPLORE SITUATIONS, DELVE INTO PHILOSOPHY, AND HAVE YOUR QUESTIONS ANSWERED. THIS CLASS IS RECOMMENDED FOR EXPERIENCED PRACTITIONERS.

// GRACIE JIU-JITSU - CORE CURRICULUM OPEN REVIEW

SATURDAY 9:00-10:00AM

THIS TIME IS SET ASIDE FOR STUDENTS TO REVIEW MATERIAL COVERED IN THE CORE CURRICULUM CLASS. THOUGH THERE IS NO FORMAL CLASS, FIGHT GYM TEACHING STAFF IS PRESENT AND AVAILABLE TO ANSWER QUESTIONS.

// GRACIE JIU-JITSU OPEN MAT / FREE SPARRING

MONDAY THROUGH THURSDAY 7:30-8:30PM, SATURDAY 10:00AM-11:30AM

THIS IS THE TIME TO EXPLORE AND EXPERIMENT. LIVE, ADAPTIVE RESISTANCE IS THE BEDROCK UPON WHICH GRACIE JIU-JITSU SKILL IS BUILT.