



## ZENITH AUTHENTIC BRAZILLIAN JIU-JITSU CLASS SCHEDULE

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**ONE** ZENITH JIU-JITSU  
**FAMILY TEAM ARMY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>6AM-7AM</b> Adult All Levels Fundamentals GI BJJ	<b>6AM-7AM</b> Adult All Levels Fundamentals NOGI	<b>6AM-7AM</b> Adult Level 2 Drilling/Randori GI BJJ	<b>11AM-12PM</b> Adult All Levels Fundamentals GI BJJ	<b>8AM-9AM</b> <b>* 1st Saturday</b> <b>Every Month*</b> BJJ Orientation	
<b>12PM-1PM</b> Adult All Levels Fundamentals GI BJJ	<b>12PM-1PM</b> Adult All Levels Fundamentals NOGI	<b>12PM-1PM</b> Adult All Levels Fundamentals GI BJJ	<b>12PM-1PM</b> Adult All Levels Fundamentals NOGI	<b>12PM-1PM</b> Adult Level 2 Drilling/Randori GI BJJ	<b>9AM-10AM</b> Jr. Grapplers Competition Class NOGI/GI BJJ	<b>9AM-10AM</b> Adult Beginners Basics NOGI
<b>4:15PM-4:45PM</b> Little Champs Self Defense GI BJJ	<b>4:15PM-4:45PM</b> Little Champs Self Defense GI BJJ	<b>4:15PM-4:45PM</b> Little Champs Self Defense GI BJJ	<b>4:15PM-4:45PM</b> Little Champs Self Defense NOGI	<b>5PM-6PM</b> <b>Free Yoga!</b> No membership required!	<b>10AM-11AM</b> Adult All Levels Curriculum Review NOGI/GI BJJ	<b>10AM-11:30AM</b> GIRLS CLUB NOGI
<b>5PM-5:50PM</b> Jr. Grapplers Level 1 GI BJJ	<b>5PM-5:50PM</b> Jr. Grapplers Level 1 GI BJJ	<b>5PM-5:50PM</b> Jr. Grapplers Level 1 GI BJJ	<b>5PM-5:50PM</b> Jr. Grapplers Level 1 NOGI	<b>6:30PM-8PM</b> Adult Level 2 Competition Class NOGI/GI BJJ	<b>11AM-12PM</b> Open Mat	<b>11:30AM-12:30PM</b> Open Mat
<b>6PM-7PM</b> Adult All Levels Fundamentals GI BJJ	<b>6PM-7PM</b> Adult All Levels Fundamentals NOGI	<b>5:50PM-6:30PM</b> Jr. Grapplers Level 2 GI BJJ	<b>5:50PM-6:30PM</b> Jr. Grapplers Level 2 NOGI	<p>All Adult classes are ages 14 and up. Adult Level 2 require a white belt with 2 stripes and above.</p> <p>Little Champs Self Defense program is for children ages 4-7 years old.</p> <p>Jr. Grapplers is for ages 8-13 years old. Level 2 and Competition class require a grey/white belt or above.</p> <p>Girls Club is open to all adult women from any gym.</p> <p>Weekend open mat is open to all adults from any gym with at least 6 months of bjj/grappling experience.</p> <p>All new students are required to attend the BJJ Orientation class before recieving the first stripe on thier white belt.</p>		
<b>7PM-8PM</b> Adult Level 2 Intermediate GI BJJ	<b>7PM-8PM</b> Adult Level 2 Intermediate NOGI	<b>6:30PM-7:30PM</b> Adult All Levels Fundamentals GI BJJ	<b>6:30PM-7:30PM</b> Adult All Levels Fundamental NOGI			
<b>DROP IN'S AND TRAVELING GRAPPLERS ARE WELCOME, OUR MATS ARE YOUR HOME AWAY FROM HOME.</b>		<b>7:30PM-8PM</b> Adult Level 2 Randori GI BJJ	<b>7:30PM-8PM</b> Adult Level 2 Randori NOGI			

AUTHENTIC BRAZILLIAN JIU-JITSU IS VETERAN OWNED AND OPERATED. WE ARE THE ORIGINAL BJJ ACADEMY IN PARKER, COLORADO.