



GLACIER WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Womens Only Class (Adult/Teen) 10:00-11:30am		Fighters Only Practice 3:00-4:00pm		Fighters Only Practice 3:00-4:00pm		Tween Judo (Tween, Teen, Adult) 9:00-10:00am
						HEMA with Arthur (All ages) 10:00-11:00am
Women's Only Open Mat 11:30-12:00pm	Fundamentals of BJJ - A (Adult/Teen) 3:30-5:00pm	Kids Kickboxing (4-8 years old) 4:30-5:15pm	Fundamentals of BJJ - B (Adult/Teen) 3:30-5:00pm	Kids BJJ (4-8 years old) 4:30-5:15pm	Fundamentals of BJJ - A (Adult/Teen) 3:30-5:00pm	Technical Combat SAMBO/MMA (Adult/Teen) 11:00am-Noon
Open Mat 12:00-1:00pm	Fundamentals of BJJ - B (Adult/Teen) 5:00-6:30pm	Tween Kickboxing (8-12 years old) 5:30-6:15pm	Advanced Class & Fundamentals of BJJ - A (Adults/Teen) 5:00-6:30pm	Tween BJJ (8-12 years old) 5:30-6:15pm	Advanced Class & Fundamentals of BJJ - B (Adult/Teen) 5:00-6:30pm	Live Combat SAMBO/MMA Drills/Sparring Noon-1:00
	Technical Combat SAMBO/MMA (Adult/Teen) 6:30-7:30pm	Kickboxing Fundamentals (Adult/Teen) 6:30-7:30pm	Judo (Tween, Teen Adult) 6:30-7:30pm	Kickboxing Advanced Concepts (Adult/Teen) 6:30-7:30pm		
				Competition Striking (Adult/Teen) 7:30-8:30pm		

UNIFORM REQUIREMENTS/CLASS NOTES

Brazilian Jiu Jitsu	Judo	Kickboxing	SAMBO/MMA
Gi: September - May NoGi: June - August	Gi Year Round	Shorts and T-shirt/Rash-guard Adults: Gloves, shin guards, mouth guard	Kurtka: September - May No-Kurtka: June - August
Class B: Traditional Drill + Situationals	KIDS/TWEENS	Kids: may bring own gloves and shin guards, not necessary	Poofies, shin guards, mouth guard
Class A: Ecological Problem Solving	Parents & coaches determine if child is ready to move up to tween class		