

SUN	MON	TUES	WED	THURS	FRI	SAT
9 AM - 10:30 AM <b>L.E.O. CLASS</b> LAW ENFORCEMENT OFFICERS ONLY  11 AM - 12:30 PM <b>ADVANCED COMPETITION CLASS</b>	5:30 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>  5:45 PM - 6:30 PM <b>ALL LEVELS NO-GI</b>  6:30 PM - 7:45 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	6 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>  6 PM - 7 PM <b>FUNDAMENTALS/ ALL LEVELS GI</b>  7 PM - 8:15 PM <b>ADVANCED NO-GI</b>	5:30 AM - 7 AM <b>ALL LEVELS NO-GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS NO-GI</b>  6 PM - 7:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	6 AM - 7 AM <b>ALL LEVELS NO-GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>  6 PM - 7 PM <b>FUNDAMENTALS/ ALL LEVELS GI</b>  7 PM - 8:15 PM <b>ADVANCED NO-GI</b>	5:30 AM - 7 AM <b>ALL LEVELS GI</b>  11 AM - 12:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>  4:30 PM - 5:30 PM <b>KIDS + TEENS GI</b>  6 PM - 7:30 PM <b>ALL LEVELS GI &amp; ADVANCED NO-GI</b>	9:30 AM - 10:30 AM <b>KIDS + TEENS NO-GI</b>  11 AM - 12:30 PM <b>OPEN MAT</b> FOR ENROLLED STUDENTS ONLY
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## PROGRAMS

**FUNDAMENTALS:** ADULTS + TEENS AGE 14+. WHITE BELT FOCUS. MAY ATTEND FUNDAMENTALS, ALL LEVELS, AND OPEN MATS.

**ADVANCED:** ADULTS + TEENS AGE 14+. THREE STRIPE MINIMUM ON WHITE BELT. MAY ATTEND ALL CLASSES + OPEN MATS.

**KIDS + TEENS:** AGES 5-13. MAY ATTEND ALL KIDS + TEENS GI AND NO-GI CLASSES. CLASSES ARE SPLIT INTO SEPARATE AGE GROUPS FOR PARTNER PRACTICE. (*TEENS MAY BE ELIGIBLE TO ATTEND ADULT CLASSES INSTEAD.*)

**ALL LEVELS GI:** FUNDAMENTALS FOR BEGINNING AND ADVANCED STUDENTS TO FOCUS ON A SOLID FOUNDATION.

**ALL LEVELS NO-GI:** ALL BELT LEVELS MAY ATTEND. MODIFIED LIVE TRAINING FOR WHITE BELTS UNDER THREE STRIPES.

**ALL LEVELS GI & ADVANCED NO-GI:** THIS COMBINED CLASS IS SEPARATED ON THE MAT INTO FUNDAMENTALS AND ADVANCED GROUPS.

**PRIVATE LESSONS:** PRIVATE LESSONS ARE AVAILABLE. PLEASE SPEAK WITH THE COACH YOU'D LIKE TO TRAIN WITH AND BOOK DIRECTLY WITH THEM.

**TRY YOUR FIRST CLASS FREE.**  
**CALL OR TEXT: 775-378-6370**

**FOLLOW US ON INSTAGRAM:**  
 @RENZOGRACIERENO

### IMPORTANT REQUIREMENTS:

- Arrive with freshly washed attire for **every** class.
- Fingernails and toenails must be trimmed.
- No strong perfumes or body sprays.
- If you feel ill, do **NOT** come to class.
- If you have a skin infection, do **NOT** train.