



# DARK HORSE

BRAZILIAN JIU-JITSU

DENVER LOCATION

950 Santa Fe, Denver, 80203

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00 AM ALL LEVELS		6:00-7:00 AM ALL LEVELS		6:00-7:00 AM ALL LEVELS	
		12:15-12:45 PM OPEN MAT		12:15-12:45 PM OPEN MAT		12:00-12:45 PM KIDS BJJ
3:00-4:00 PM MUAY THAI						1:00-2:00 PM ALL LEVELS
4:00-5:00 PM FUNDAMENTALS (NO-GI)	4:15-5:15 PM YOGA	4:45-5:30 PM KIDS BJJ	4:45-5:30 PM KIDS BJJ	4:45-5:30 PM KIDS BJJ 4:30-5:30 PM FLOW ROLL OPEN MAT		2:00-3:30 PM SHARPEN, DRILL & ROLL
5:00-6:00 PM OPEN MAT	5:30-6:30 PM FUNDAMENTALS 1 HR	5:30-7:00 PM ADVANCED (Blue & up) 1.5 HR/ WOMEN'S CLASS 1 HR	5:30-6:30 PM FUNDAMENTALS 1 HR	5:30-7:00 PM COMPETITION BJJ CLASS (No Drop-Ins Please) 1.5 HR	5:30-6:30 PM FUNDAMENTALS 1 HR	3:30-4:30 PM INT/ADV LEGLOCKS (NO-GI)
	6:30-8:00 PM INTERMEDIATE 1.5 HR	7:00-8:00 PM FUNDAMENTALS 1 HR	6:30-8:00 PM INTERMEDIATE (NO-GI) 1.5 HR	7:00-8:00 FUNDAMENTALS (NO-GI) 1 HR	6:30-7:30 PM OPEN MAT	4:30-6:00 PM OPEN MAT
	8:00-9:00 PM FUNDAMENTALS				7:00-8:00 PM MMA	

**Fundamentals Class:** Fundamentals Curriculum. All are welcome! 1 Hour in length.

**All Levels Class:** Subject to change based on the average level of the room. All are welcome! 1 Hour in length

**Intermediate Class** Must be a Green Belt or above OR ask the Professor beforehand. 1.5 Hours in length

**Competition & Endurance Class** Recommended 2 stripes white belt or above. 1.5 hours

**Women's Class:** All women are welcome for free! Newcomers must schedule a free orientation class at minimum before attending. Tell your friends! 1 Hour.