



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 | 9:00-11:00AM ReKindle Calisthenics |
| | | | | | | 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 COMP BJJ(NO-GI) | | 4:45-5:30 PM KIDS BJJ | 4:45-5:30 PM KIDS BJJ | 4:45-5:30 PM KIDS BJJ | | 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 | 3:30-5:00PM OPEN MAT |
| | 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 | |
| | | | | | 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.