



# SHOGUN FIGHT CO.

*\*\*Current schedule as of April 1<sup>st</sup>, 2024\*\**



## Class Schedule

### Monday:

9:30am- Adult BJJ - no-gi  
4:30pm- BJJ ages 4-7  
5:00pm- BJJ ages 8-12  
6:00pm- Adult Striking  
7:00 pm- Adult BJJ - Gi

### Tuesday:

8:30am- Adult Striking  
9:30am- Adult BJJ Gi  
4:30pm- Kids Striking ages 4-7  
5:00pm- Kids Striking ages 8-12  
5:45pm- Adult Striking  
6:45pm- Adult BJJ - no-gi  
6:45pm- Adult BJJ Fundamentals - Gi

### Wednesday:

9:30am- Adult BJJ - Gi  
4:30pm- Kids BJJ ages 4-7  
5:00pm- Kids BJJ ages 8-12  
6:00pm- Adult Striking  
6:45pm- Adult BJJ - Gi

### Thursday:

8:30am- Adult Striking  
9:30am- Adult BJJ - no-gi  
4:30pm- Kids Striking ages 4-7  
5:00pm- Kids Striking ages 8-12  
5:45pm- Adult Striking  
6:45pm- Adult BJJ - no-gi

### Friday:

9:30am- Adult BJJ - Gi  
4:30pm- Kids BJJ ages 4-7  
4:30pm- Kids Striking ages 4-7  
5:30pm- Adult Striking

### Saturday:

8:30am- Adult Striking  
9:30am- Kids BJJ ages 8-12  
9:30am- Kids Striking ages 8-12  
10:15am- Adult BJJ - open mat

*\*\*Private lessons available upon request*

## -- IMPORTANT --

**DOWNLOAD AND ENABLE APP NOTIFICATIONS FROM  
OUR DOJO ON THE FIT BY WIX APP**

### STEPS:

1. Download the Fit by Wix app
2. Sign in with your Wix account. If you don't have one yet, create one
3. If asked, join "Shogun Fight Co." or join via our code: **EJVPUJ**
4. When prompted, click **Yes/Allow** for push notifications

### OR, JOIN VIA THIS QR CODE:



## Gym Rules

1. Treat partners, guests, coaches, and staff how you want to be treated. Bullying or harassment of any kind will not be tolerated.
2. Respect the facility, gym equipment, furniture, and clean up after yourself. Repeat offenders will have their memberships revoked.
3. Absolutely no training while sick or with any rashes or skin infections. Hair, skin, nails, and body must be clean prior to training – Wear deodorant.

## Practice Room (mat) Etiquette

1. No jumping guard, no knee wrestling, and no heel hooks in the gi. All levels ARE allowed and encouraged to SAFELY utilize heel hooks in no-gi.
2. Take into consideration age, size, physical limitations, experience levels, and adjust your pace and pressure accordingly. *Anyone can turn down a roll with anyone else for any reason.*
3. Absolutely no sitting out and resting for the sole purpose of being fresh against fatigued partners. If you are sitting out a round, please move to the edge of the mat or to the benches/chairs so people rolling have space.
4. Parents, please refrain from coaching your children from the seating area.
5. Belts; at the end of the day, rank is only a representation of your progress relative to your potential. There is no hierarchy on our mats due to belt colors.
6. Gis, belts, clothes, and all other training equipment must be washed after every practice. You will be asked to sit out if you don't have clean gear.
7. You must wear a second layer under your gi pants/shorts, no exceptions. Rash Guard or shirt should be worn under your gi in all classes.
8. No street shoes on the mat, ever. You **must** wear shoes/sandals in restrooms.