



Class Schedule - Adult

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15 – 13:15 HALL 1 BJJ ALL LEVELS	12:15 – 13:15 HALL 1 BJJ ALL LEVELS	12:15 – 13:15 HALL 1 BJJ ALL LEVELS	12:15 – 13:15 HALL 1 BJJ ALL LEVELS	12:15 – 13:15 HALL 1 BJJ ALL LEVELS	10:00 – 11:00 HALL 1 KALI/JKD
18:15 – 19:15 HALL 1 BJJ FUNDAMENTALS	18:15 – 19:15 HALL 1 BJJ ALL LEVELS	18:15 – 19:15 HALL 1 BJJ FUNDAMENTALS	18:15 – 19:15 HALL 1 BJJ INTERMEDIATE BJJ ADVANCED	17:00 – 18:00 HALL 1 NO-GI <small>Combat/Submission/Wrestling</small>	10:00 – 11:00 HALL 2 OPEN MAT - BJJ
18:15 – 19:15 HALL 2 KALI	18:15 – 19:15 HALL 2 BJJ INTERMEDIATE BJJ ADVANCED	18:15 – 19:15 HALL 2 KALI	18:15 – 19:15 HALL 2 YOGA	17:00 – 18:00 HALL 2 OPEN MAT KICKBOXING/KALI MUAYTHAI/JKD	11:00 – 12:15 HALL 1 BJJ FUNDAMENTALS
19:15 – 20:15 HALL 1 MUAYTHAI	19:15 – 20:15 HALL 1 KICKBOXING	19:15 – 20:15 HALL 1 KICKBOXING	19:15 – 20:15 HALL 1 MUAYTHAI	18:00 – 19:00 HALL 1 BJJ FUNDAMENTALS	11:00 – 12:00 HALL 2 OPEN MAT - KALI / JKD
19:15 – 20:15 HALL 2 OPEN MAT - BJJ	19:15 – 20:15 HALL 2 OPEN MAT - BJJ	19:15 – 20:15 HALL 2 BJJ ADVANCED <small>Color belts</small>	19:15 – 20:15 HALL 2 BJJ FEMALE CLASS <small>Bjj all levels</small>		12:15 – 13:15 HALL 1 NO-GI <small>Combat/Submission/Wrestling</small>
20:15 – 21:15 HALL 1 BJJ ALL LEVELS	20:15 – 21:15 HALL 1 JEET KUNE DO/KALI	20:15 – 21:15 HALL 1 NO-GI <small>Combat/Submission/Wrestling</small>	20:15 – 21:15 HALL 1 KALI		
	20:15 – 21:15 HALL 2 NO-GI <small>Combat/Submission/Wrestling</small>				

Academy Guidelines

- Before entering the mat for your class please take your shoes off.
- No food or drinks other than water are allowed inside the training hall.
- No phone use, pictures taking or video recording of the classes is allowed without permission from the academy staff. All students must wear the official Rick Young Black Belt Academy t-shirt or rashguard in class.
- In BJJ classes please use a Gi that has matching top and bottoms.
- For members only official Rick Young Academy Gi's or plain Gi's are allowed. No other Academy Gi's should be worn in classes. Show respect to all teammates and academy staff.

Safety and Hygiene

- Maintain your training uniform in clean and good condition.
- Please use a clean and dry t-shirt or rashguard in every class.
- Never wear a ripped, torn or stained uniform.
- BJJ uniforms should be clean and dry before every practice.
- Please remove all jewellery before beginning training
- Keep fingernails and toenails clipped and clean.
- Always use footwear when using the toilets.
- Always let your instructor know if you are injured.
- If you have the flu, cold or any other illness you could pass on to your teammates please stay away from the academy until you are full recovered.