



REIS EXTREME MIXED MARTIAL ARTS
 Training in:
 Mixed Martial Arts
 Lil' Dragons/Little Ninjas
 Aikido & 10th Planet Jiu-Jitsu
 for Men, Women and Children ages 3 and up.
"Where Life Champions Are Trained!"
 303 1st St. NE Mandan ND 58554
 (701) 751-REIS (7347)
 WWW.REISMMA.COM

STUDENT CLASS SCHEDULE

Begins Monday January 4th, 2010

TIME	MON	TUES	WED	THURS	FRI	SAT
11:00 -12:00						10 th Planet Jiu Jitsu
12:00 – 1:00						Open Mat
1:00 – 2:00						Intro Class
4:00 – 4:30		Lil' Dragons		Lil' Dragons		
5:00 – 5:45	Beg./Int. Jr's MMA	Int./Adv. Jr's MMA	Beg./Int. Jr's MMA	Int./Adv. Jr's MMA		
6:00 – 6:45	Int./Adv. Jr's MMA	Beg./Int. Jr's MMA	Int./Adv. Jr's MMA	Beg./Int. Jr's MMA	Test Week Make Up	
7:00 – 8:00	Beg./Int. Aikido	Int./Adv. Aikido	Beg./Int. Aikido	Int./Adv. Aikido	Sparring Class BBC & MC only	
8:00 – 9:00	Beg./Int. Adults MMA	Int./Adv. Adults MMA	Beg./Int. Adults MMA	Int./Adv. Adults MMA	10 th Planet Jiu Jitsu	
9:00 – 10:00	10 th Planet Jiu Jitsu	Black Belt Class	10 th Planet Jiu Jitsu	Black Belt Class		

Lil' Dragons = Ages 3 to 6 (30 minute class), student wears Lil' Dragon uniform (gi)

Juniors = Ages 7 to 13 (45 minute class), student wears appropriate program gi: Basic, Black Belt Club or Masters Club

Adults = Ages 14 and up (1 hour class), student wears appropriate program gi: Basic, Black Belt Club or Masters Club

Beginner = White, Yellow & Orange belts; Intermediate = Purple, Blue & Green belts; Advanced = Brown & Black belts

Basic Program = 2 classes per week in 1 art. Student wears a black uniform (gi).

Black Belt Club (BBC) = Unlimited classes per week in 1 art plus sparring class & open mat. Student wears a blue uniform (gi).

Masters Club (MC) = Unlimited classes per week in all arts + sparring class & open mat. Student wears an all red uniform (gi).

10th Planet Jiu Jitsu = Unlimited 10P Jiu Jitsu classes per week. This is a no uniform (gi) class.

Intro Class = Group introductory class for new students wishing to join – all new students are required to attend.

Friday and Saturday Classes = Students may wear uniform (gi) bottoms or MMA shorts and a school T-shirt or rash guard.

Sparring Class (Juniors/Teens/Adults) = No uniform (gi) required – must have approved sparring gear to participate.

Test Make-Up Class (Juniors/Teens/Adults) = For students who need make-up days during testing week only.

Black Belt Class = This is Green Belt & above in Aiki-Kempo & Aikido to prep for Black Belt & Above.

***All Aikido students ranked Purple Belt and higher are required to purchase and wear a blue Hakama with their uniform (gi) to attend Aikido class. All Black Belt Aikido students are required to purchase and wear a black Hakama.**