



GEMINI FITNESS AND COMBAT

4550 South Broadway
 Englewood CO 80113
 520.282.1192

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am							
8:00am							Striking 8:00-9:00
8:30am	Heavyweight BJJ Invite Only 8:30-10:30						
9:00am							Bootcamp 9:00-10:00 Youth BJJ 9:00-10:00
9:30am		Striking 9:30-10:30		Striking 9:30-10:30		Striking 9:30-10:30	
10:00am	Bootcamp 10:00-11:00						BJJ 10:00-11:30
10:30am							
11:00am	Women's BJJ Invite Only 11:00-12:30						
11:30am							
12:00pm		Striking 12:00-1:00		Bootcamp 12:00-1:00		Striking 12:00-1:00	
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm		Youth BJJ 4:30-5:30		Youth BJJ 4:30-5:30			
5:00pm							
5:30pm		BJJ 5:30-7:00	Bootcamp 5:30-6:30	BJJ 5:30-7:00	Bootcamp 5:30-6:30	Striking 5:30-6:30	
6:00pm			No GI BJJ Invite Only 6:30-7:30		Bootcamp 6:30-7:30	No GI BJJ Invite Only 6:30-7:30	Bootcamp 6:30-7:30
6:30pm							
7:00pm		Intermediate BJJ Invite Only 7:00-8:30		Intermediate BJJ Invite Only 7:00-8:30			
7:30pm							
8:00pm							
8:30pm							
9:00pm							

BJJ: Adult Brazilian Jiu Jitsu class. These classes are designed to teach the team generalized concepts based off the needs of the team and scenarios that have been observed at recent tournaments. We cover everything from fundamentals to advanced concepts in these classes.

Intermediate BJJ (Invite Only): This is a drilling specific class dependent on the team's needs. These classes are an extension of the concepts that are taught in the general BJJ class. 2nd stripe white belt required before invite can be extended.

Advanced No Gi BJJ (Invite Only): This class is for advanced Brazilian Jiu Jitsu practitioners looking to advance their no gi skills. Must know K.A.T.C.H. and how to defend each sub, must know the blue belt criteria, and must be able to keep up with the class conditioning wise before invite can be extended.

Heavyweight BJJ (Invite Only): Adult Brazilian Jiu Jitsu class for men weighing at least 200lbs for specialized training. 1st stripe white belt required before invite can be extended.

Women's BJJ (Invite Only): This is a women only Brazilian Jiu Jitsu class where women can help build other womens' Jiu Jitsu games. 1st stripe white belt required before invite can be extended.

Youth BJJ (Gentle Gemini Program): Brazilian Jiu Jitsu class for kids of any skill level. We start testing for maturity at the age of 4 to see if they'll be ready for the class. Members will generally be between the ages of 6 and 12. They will learn the fundamentals of Jiu Jitsu and the life lessons it promotes.

Bootcamp: Bootcamps will be broken down into 4 or 6 week programs designed for a specific outcome. We program various competitions and topics depending on time of the year and the team's needs.

Striking: Striking class that takes place in our heavy bag area (the black room). We will work boxing combinations on the heavy bag while mixing in calisthenics and plyometrics. Our classes are built to help support boxing, kickboxing, and muay thai concepts depending on the members' needs. All classes are built off the custom striking curriculum we've personally developed.

***For all "Invite Only" classes, reach out to a coach if you have any questions.**

Reach out for your complimentary class!