

# MIBURO BACKDOOR Class Schedule

- We are closed on the 6th, 16th, and 26th of every month.
- The schedule for national holidays will be the same as that for Sundays.
- Closures or schedule changes due to competition participation or other reasons will be announced on the website and SNS.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00	10:00~11:15 Gi Fundamentals	10:00~11:15 NoGi Fundamentals	10:00~11:15 Gi Fundamentals	10:00~11:15 Gi Q&A/Flow	10:00~11:15 Gi Beginners	10:00~11:00 NoGi Fundamentals	10:00~11:00 Gi Fundamentals
11:00	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	11:00~11:45 Gi Flow 11:45~12:15 Free Drill
12:00						12:00~13:00 For women only(Gi)	12:30~13:30 For 40+years old(Gi)
13:00						Open Mat	Open Mat
14:00						14:00~15:30 Gi All Levels	14:00 Cleaning/Closing
15:00							
16:00						Open Mat	
17:00	17:00~18:15 NoGi Beginners	17:00~18:15 Gi Beginners		17:00~18:15 NoGi Beginners	17:00~18:15 Gi Beginners	17:00 Cleaning/Closing	
18:00	Open Mat	Open Mat	18:00~19:00 BJJ Introductory	Open Mat	Open Mat		
19:00							
20:00	19:30~20:45 NoGi All Levels	19:30~20:45 Gi All Levels	19:30~21:00 Gi Fundamentals	19:30~21:00 NoGi Fundamentals	19:30~20:45 Gi All Levels		
21:00	20:45~21:15 Free Drill	20:45~21:15 Free Drill			20:45~21:15 Free Drill		
	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat		
22:00	22:00 Cleaning/Closing	22:00 Cleaning/Closing	22:00 Cleaning/Closing	22:00 Cleaning/Closing	22:00 Cleaning/Closing		

## Gi All Levels

Wearing BJJ Gi, for all levels.

## Gi Fundamentals

Wearing BJJ Gi / Encourage learning and improving basic skills/ Recommended for white to blue belts.

## Gi Beginners

Wearing BJJ Gi / Learning the rudimentary movements of BJJ/ Recommended for 0 to about 1 year of experience.

## NoGi All Levels

No BJJ Gi's, Grappling  
For all levels.

## NoGi Fundamentals

No BJJ Gi's, Grappling/ Encourage learning and improving basic skills/ Recommended for white to blue belts.

## NoGi Beginners

No BJJ Gi's, Grappling / Learning the rudimentary movements of BJJ/ Recommended for 0 to about 1 year of experience.

## BJJ Introductory

No sparring, only basic jiu-jitsu exercises

## Free Drill

Time for each to drill freely.

## BJJ Flow(Gi)

Wearing BJJ Gi/ training to relax and keep the flow going/ studying the Jiu-jitsu style.

## For Women only(Gi)

Wearing BJJ Gi/ For women only.

## For 40+years old(Gi)

Wearing BJJ Gi/ For men and women over 40 years old.

## Open Mat

Sparring, drills, reinforcement training, etc...on your own.

### Class Content

Mat exercises, drills, sparring, etc. related to learning Jiu-Jitsu techniques.  
All classes are open to students who wish to join or leave during the class.