

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 Gi Beginners	12:30~13:30 For 40+years old(Gi)
13:00						Open Mat	Open Mat
14:00						14:00~15:00 For women only(Gi)	14:00 Cleaning/Closing
15:00						Open Mat	
16:00						16:00~17:30 Gi Advanced Sparring	
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	Open Mat	
18:00	Open Mat	Open Mat	18:00~19:00 BJJ Introductory	Open Mat	Open Mat	18:00 Cleaning/Closing	
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 Beginners

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

Gi Fundamentals

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

Gi All Levels

Wearing BJJ Gi, for all levels.

Gi Advanced Sparring

Training for athletes in preparation for competition (high-intensity drills, situation spar, sparring, etc.) and feedback.

NoGi Beginners

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

NoGi Fundamentals

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

NoGi All Levels

No BJJ Gi's, Grappling
For all levels.

BJJ Introductory

No sparring, only basic jiu-jitsu exercises

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.

BJJ Flow(Gi)

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

Free Drill

Time for each to drill freely.

Open Mat

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