

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10AM - 11AM	CARDIO KICKBOXING <i>Lesmi - Zone 1</i>	CARDIO KICKBOXING <i>Lesmi - Zone 1</i>	CARDIO KICKBOXING <i>Lesmi - Zone 1</i>	CARDIO KICKBOXING <i>Lesmi - Zone 1</i>	CARDIO KICKBOXING <i>Lesmi - Zone 1</i>	TJ'S BOOT CAMP <i>TJ Wimbs</i>	<b>CLOSED SUNDAYS</b>
10AM - 12PM		FIGHT TEAM - MMA PRACTICE / TRAINING <i>Pro Coaching Staff</i>	FIGHT TEAM WRESTLING <i>Coach A.J. - Pro Rm</i>	FIGHT TEAM - MMA PRACTICE / TRAINING <i>Pro Coaching Staff - Pro Rm</i>	FIGHT TEAM - MMA PRACTICE / TRAINING <i>Pro Coaching Staff - Pro Rm</i>		
11AM - 12PM							
11AM - 12PM	MMA BORAN <i>Lesmi - Zone 1</i>	MMA BORAN <i>Lesmi - Zone 1</i>	MMA BORAN <i>Lesmi - Zone 1</i>	MMA BORAN <i>Lesmi - Zone 1</i>	MMA BORAN <i>Lesmi - Zone 1</i>		
12PM - 1PM	ALLIANCE MUAY THAI <i>DAYEL - Zone 1</i>	ALLIANCE MUAY THAI <i>DAYEL - Zone 1</i>	ALLIANCE MUAY THAI <i>DAYEL - Zone 1</i>	ALLIANCE MUAY THAI <i>DAYEL - Zone 1</i>	ALLIANCE MUAY THAI <i>Kru Sean - Zone 1</i>		
1:00PM - 2:00PM			XS / TRYST CORP <i>MUAY THAI / FITNESS</i>				
2PM - 3PM						XS / TRYST CORP <i>MUAY THAI FITNESS</i>	
5:00PM - 6:00PM		CARDIO BOXING <i>Shai</i>		CARDIO BOXING <i>Shai</i>			
	KIDS MUAY THAI <i>Joey Angelo - Zone 3</i>	KIDS MUAY THAI <i>Joey Angelo - Zone 3</i>	KIDS MUAY THAI <i>Joey Angelo - Zone 3</i>	KIDS MUAY THAI <i>Joey Angelo - Zone 3</i>	KIDS MUAY THAI <i>Joey Angelo - Zone 3</i>		
	ALLIANCE MUAY THAI <i>Kru Sean- Zone 3</i>	ALLIANCE MUAY THAI <i>Kru Sean- Zone 3</i>	ALLIANCE MUAY THAI <i>Kru Sean- Zone 3</i>	ALLIANCE MUAY THAI <i>Kru Sean- Zone 3</i>	ALLIANCE MUAY THAI <i>Kru Sean- Zone 3</i>		
	MONSTER WRESTLING <i>Kevin Randleman - Zone 5</i>		MONSTER WRESTLING <i>Kevin Randleman - Zone 5</i>	ADVANCED MONSTER WRESTLING <i>Kevin Randleman - Zone 5</i>	MONSTER WRESTLING <i>Kevin Randleman - Zone 5</i>		
5:30PM - 6:30PM	FIT CAMP <i>TJ Wimbs</i>		FIT CAMP <i>TJ Wimbs</i>		FIT CAMP <i>TJ Wimbs</i>		
6PM - 7PM	MUAY THAI - ADVANCED <i>Kru Sean - Zone 1</i>	MUAY THAI - ADVANCED <i>Kru Sean - Zone 1</i>	MUAY THAI - ADVANCED <i>Kru Sean - Zone 1</i>	MUAY THAI - ADVANCED <i>Kru Sean - Zone 1</i>	MUAY THAI - ADVANCED <i>Kru Sean - Zone 1</i>		
	KIDS BJJ (GI) <i>Prof Keebo Robinson - Z-5</i>	KIDS JIU-JITSU (NO-GI) <i>Prof Keebo Robinson - Z-5</i>	KIDS BJJ (GI) <i>Prof Keebo Robinson - Z-5</i>	KIDS JIU-JITSU (NO-GI) <i>Prof Keebo Robinson - Z-5</i>	KIDS BJJ (GI) <i>Prof Keebo Robinson - Z-5</i>		
6:30PM - 7:30PM							
**NEW TIME** 6:30PM - 8:30PM	MMA / FIGHT TEAM <i>Pro Coaching Staff - Pro Rm</i>	MMA / FIGHT TEAM <i>Pro Coaching Staff - Pro Rm</i>	MMA / FIGHT TEAM <i>Pro Coaching Staff - Pro Rm</i>	MMA / FIGHT TEAM <i>Pro Coaching Staff - Pro Rm</i>			
7PM - 8PM							
	BOXING <i>Coach Dayel - Zone 1</i>	CARDIO BOXING <i>Coach Dayel - Zone 1</i>	BOXING <i>Coach Dayel - Zone 1</i>	CARDIO BOXING <i>Coach Dayel - Zone 1</i>			
	JIU-JITSU (GI) <i>Prof Keebo Robinson - Z-5</i>	JIU-JITSU (NO-GI) <i>Prof Keebo Robinson - Z-5</i>	JIU-JITSU (GI) <i>Prof Keebo Robinson - Z-5</i>	JIU-JITSU (NO-GI) <i>Prof Keebo Robinson - Z-5</i>	JIU-JITSU (GI) <i>Prof Keebo Robinson - Z-5</i>		
9:00PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED @ 8:30PM		

**HOURS OF OPERATION**

Mon - Fri: 10:00 am to 9:00 pm  
 Saturday: 10:00 am to 3:00 pm  
 Sunday: CLOSED

**Effective as of 1/14/2013**

[WWW.HOUSEOF RYU.COM](http://WWW.HOUSEOF RYU.COM)

**HOUSE OF RYU**

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**CLASS DESCRIPTIONS**

\*\*\*\*\*DON'T FORGET TO ASK ABOUT OUR PERSONAL / PRIVATE TRAINING\*\*\*\*\*

**BRAZILIAN JIU-JITSU (BJJ):** is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. The art was derived from the Japanese martial art of Kodokan judo (which itself is derived from Japanese Jujutsu; the name Brazilian Jiu Jitsu is an homage to this origin) in the early 20th century. It teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique—most notably by applying joint-locks and chokeholds to defeat the other person. BJJ training can be used for sport grappling tournaments (gi and no-gi) and mixed martial arts (MMA) competition or self defense. Sparring (commonly referred to as "rolling") and live drilling play a major role in training, and a premium is placed on performance, especially in competition, in relation to progress and ascension through its ranking system.

**MUAY THAI:** a well known martial art developed in Thailand in which involves using various parts of human body(head, fists, elbows, knees and foot) as weapons itself.

**KICKBOXING:** a group of martial arts and stand-up combat sports based on kicking and punching, historically developed from karate, Muay Thai and western boxing.[1][2] Kickboxing is often practiced for self-defense, general fitness, or as a contact sport.

**WRESTLING:** is a form of grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position.

**BOXING:** is a combat sport in which two people fight each other using their fists. Boxing is supervised by a referee over a series of between one to three minute intervals called rounds. The match ends, when an opponent is knocked out or deemed incapable to continue match by a referee (Technical Knockout), if an opponent is disqualified for breaking a rule, resigning by throwing in a towel, or by judges' scorecards at the end of the bout. There are two forms of boxing, amateur and professional.

**MIXED MARTIAL ARTS (MMA):** is a full contact combat sport that allows the use of both striking and grappling techniques, both standing and on the ground, including boxing, wrestling, Brazilian jiu-jitsu, muay Thai, kickboxing, taekwondo, karate, judo and other styles.

**JUDO:** meaning "the gentle way" is a modern martial art and combat sport created in Japan in 1882 by Jigoro Kano. It's most prominent feature is its competitive element, where the object is to either throw or takedown one's opponent to the ground, immobilize or otherwise subdue one's opponent with a grappling maneuver, or force an opponent to submit by joint locking or by executing a strangle hold or choke.

**CARDIO BOXING / KICKBOXING:** combines traditional boxing and kickboxing with modern fitness techniques to equal a great all around, full body workout.