



Required Equipment/Uniforms

Class	Day and Time	Must Wear	Must Bring
No-Gi Brazilian JiuJitsu	Monday 6:15 PM Wednesday 9:15 AM Saturday 5:00 PM	*Gi Pants *Approved Rash Guard *Groin Cup (males)	*Mouthguard *Mouthguard Case
Gi Brazilian JiuJitsu	Tuesday 8:15 PM Wednesday 8:30 PM Friday 9:15 AM Saturday 4:15 PM	*Jiu-Jitsu Gi *Belt *Groin Cup	*Mouthguard *Mouthguard Case
MMA Intensive	Wednesday 9:15 PM Friday 8:45 PM	*Gi Pants and Approved Rash Guard *Groin Cup (males)	*Mouthguard and Case *Boxing and MMA Gloves
Muay Thai	Monday 8:30 AM Monday 7:00 PM Wednesday 8:30 AM Wednesday 7:45 PM Thursday 6:45 PM Friday 8:00 PM	*Shorts or Pants *Shirt *Groin Cup	*Gloves *Shin Guards *Headgear *Mouthguard and Case
Advanced Muay Thai	Advanced Classes Open Gym	Shorts or Pants / Shirt / Headgear Groin Cup (males) / Non-Cloth Shin Guards <150 lbs = 14 oz gloves / 150 - 190 lbs = 16 oz >190 lbs = 18 oz	Mouthguard and Case
Kung-Fu/Karate	Monday 8:30 PM Tuesday 6:45 PM Wednesday 6:15 PM Friday 8:30 AM Friday 5:00 PM Saturday 10:45 AM	*Gi Pants *Gi Top, Sahn, or Plus One T-Shirt *Belt (when earned) *Groin Cup	*Mouthguard *Mouthguard Case
Jujutsu and Aikido	Wednesday 5:30 Friday 5:45	*Judo or JiuJitsu Gi and Belt *Groin Cup (males)	*Mouthguard *Mouthguard Case
Capoeira	Monday 9:15 PM Thursday 8:15 PM Saturday 12:15 PM	*Workout Pants *Shirt	
Kali/Silat	Tuesday 8:15 PM Thursday 6:45 PM	*Workout Pants and Shirt *Escrima Sticks	
XMA	Monday 2:30 PM Saturday 1:00 PM	*Workout pants and Shirt	

- All equipment and uniforms are available to purchase or order at the Plus One Pro Shop.
- Equipment and uniforms must be maintained and washed after each use to ensure a hygienic environment for all students.
- Deodorant and other hygiene products (foot sprays) are to be used before class or use of the facilities to ensure a pleasant and hygienic training environment for other students.

Student Expectations

- ❖ Students are expected to learn and exemplify the student statement inside and outside of the dojo
 - "I will develop myself in a positive manner and use what I learn in class constructively and defensively. And I will show modesty, courtesy, integrity, perseverance, self-control, integrity, & indomitable spirit."
- ❖ Any of the school's equipment must be used with care and returned to its proper place after use.
- ❖ Any weights used in the weight room must be properly clipped and returned to their proper storage location.
- ❖ Locked equipment is available by instructor permission only.
- ❖ Found clothing, equipment, or other items will be placed in the Lost & Found for no more than 2 weeks before being donated.
- ❖ Parking is allowed in properly marked spaces in the lots for 20 Jefferson Avenue located on Jefferson Avenue and Darcy Street, not in other lots. Parking is also legally allowed on the street.
- ❖ Recyclable paper, cardboard, plastics, & cans are to be put into the blue recycling bins. Please empty bottles and remove caps.