

# FIVE RINGS JIU JITSU AFFILIATE GYM EXCHANGE

MEET AND TRAIN WITH YOUR TEAM MATES  
FROM DIFFERENT AFFILIATES MAIN ACADEMY,  
SWEAT 360, RECREATE, PSU



10:30<sup>AM</sup> SEMINAR – NOON OPEN TRAINING

|          |              |                |
|----------|--------------|----------------|
| 10/17/15 | MURRAYHILL   | NATHAN JEFFERS |
| 11/21/15 | SWEAT 360    | NICK BURKE     |
| 2/13/16  | FIRST LIGHT  | BILLY HAGERMAN |
| 3/12/16  | PSU          | WILL ACTON     |
| 4/9/16   | RECREATE     | DAN VANDETTA   |
| 5/14/16  | MAIN ACADEMY | ALEX EVANS     |

