

PROCEDURES FOR BJJ/MMA CLASSES:

- Pre Register for class on [Zen Planner](#) or through [The MMA LAB website](#).
- There will be a limit of **28 members per class**.
- You will be paired with one partner through the class, and we will keep pairs separated.
- If you wish to, you can come to class with a chosen partner and you will be paired together.
- If you do not have a partner, we will pair you up for the class.
- Please come into the building **5 minutes before** your class and **leave promptly after the class is finished**.
- We will be asking for members to help us sanitize the mats between classes.
- Shoes will be worn throughout the building, bare feet on the mats only.
- We will be making sure that rental gis will be washed according to CDC guidelines.
- Please make sure that your uniform is clean before you enter the class.
All gear should be sanitized and washed in between uses.
- Please bring your own water, the water stations will be closed in the gym.
Water and drinks will be available in the vending machines.

PROCEDURES FOR STRIKING CLASSES:

- Pre Register for class on [Zen Planner](#) or through [The MMA LAB website](#).
- We will be working with distancing guidelines in these classes.
These classes will be based on bagwork, solo work, and conditioning.
- There will be a limit of **24 members per class**.
- Please come into the building **5 minutes before** your class and **leave promptly after the class is finished**.
- We will be asking for members to help us sanitize the mats between classes.
- Shoes will be worn throughout the building, bare feet on the mats only.
- Please make sure that your uniform is clean before you enter the class.
All gear should be sanitized and washed in between uses.
- Please bring your own water, the water stations will be closed in the gym.
Water and drinks will be available in the vending machines.



PROCEDURE FOR LAB FIT CLASSES:

- Pre Register for class on [Zen Planner](#) or through [The MMA LAB website](#).
- There will be a limit of 10 members per class.
- We will working with distancing guidelines in these classes.
- Please come into the building **5 minutes before** your class and **leave promptly after the class is finished**.
- We will be asking for members to help us sanitize the equipment after each use, and between classes.
- Shoes will be worn throughout the building, bare feet on the mats only.
- Please make sure that your uniform is clean before you enter the class.
All gear should be sanitized and washed in between uses.
- Please bring your own water, the water stations will be closed in the gym.
Water and drinks will be available in the vending machines.

PROCEDURE FOR YOUTH CLASSES:

- All kids will be temperature checked before they enter.
Anyone with a temperature over 99.9 will not be permitted to train.
- Pre Register for class on [Zen Planner](#) or through [The MMA LAB website](#).
- There will be a limit of 24 members per class.
- **STRIKING:** We will working with distancing guidelines in the youth striking classes.
- **BJJ/WRESTLING:** Your student will be paired with one partner through the class, and we will keep pairs separated.
If you wish to, your student can come to class with a chosen partner and they will be paired together for the class.
If you do not have a chosen partner, the instructor will pair them up for the class.
- If possible, drop off your student **5 minutes** before their class and **pick them up promptly after the class is finished**.
- If a parent/guardian has to come in, please limit of **one adult per family**.
- We will be asking for members to help us sanitize the equipment after each use, and between classes.
- Shoes will be worn throughout the building, bare feet on the mats only.
- Please make sure your gear is clean before you enter the classroom.
All gear should be sanitized and washed in between uses.
- Please bring your own water, the water stations will be closed in the gym.
Water and drinks will be available in the vending machines.



PROCEDURES FOR KID'S KORNER:

- Pre Register for Kid's Corner on [Zen Planner](#) or through [The MMA LAB website](#).
- **There will be a limit of 10 children in the room.**
- There is a **2 hour limit** that will be strictly adhered to.
- **Please bring water for your child**, the water stations will be closed in the gym. Water and drinks will be available in the vending machines.
- Please come into the building **5 minutes** before your class and **leave promptly after the class is finished.**
- The Kid's corner will be sanitized continually. Please make sure that your child(ren) only bring what is necessary for them into the Kid's Corner.
- Shoes will be worn throughout the building, but shoes will be removed before your child enters Kid's Corner.
- Hand Sanitizer will be available.

PROCEDURES FOR YOGA CLASSES:

- Pre Register for class on [Zen Planner](#) or through [The MMA LAB website](#).
- There will be a limit of **16 members per class.**
- We will working with distancing guidelines in these classes.
- Please come into the building **5 minutes before your class** and **leave promptly after the class is finished.**
- We will be asking for members to help us sanitize the equipment after each use, and between classes.
- Shoes will be worn throughout the building, bare feet on the mats only.
- Please make sure your gear is clean before you enter the classroom.
All gear should be sanitized and washed in between uses.
- Please bring your own water, the water stations will be closed in the gym. Water and drinks will be available in the vending machines.



THANK YOU!

