

CLASS SCHEDULE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2
		6:00 AM ADULT BEGINNER				6:00 AM ADULT BEGINNER							
		7:00 AM ADVANCED SPARRING				7:00 AM ADVANCED SPARRING							
				10:00 AM NO GI SPARRING									
11:00 AM ADULT BEGINNER				11:00 AM ADULT BEGINNER				11:00 AM ADULT BEGINNER					
12:00 PM ADVANCED SPARRING				12:00 PM ADVANCED SPARRING				12:00 PM ADVANCED SPARRING					
		4:30 PM 3-5 YEARS BEGINNER	4:30 PM 5-8 YEARS BEGINNER			4:30 PM 3-5 YEARS BEGINNER	4:30 PM 5-8 YEARS BEGINNER						
5:00 PM 3-5 YEARS ALL LEVELS	5:00 PM 5-8 YEARS ALL LEVELS	5:15 PM 3-5 YEARS ADVANCED	5:15 PM 5-8 YEARS ADVANCED	5:00 PM 3-5 YEARS ALL LEVELS	5:00 PM 5-8 YEARS ALL LEVELS	5:15 PM 3-5 YEARS ADVANCED	5:15 PM 5-8 YEARS ADVANCED	5:00 PM 3-5 YEARS ALL LEVELS	5:00 PM 5-13 YEARS NO GI				
6:00 PM 8-13 YEARS ALL LEVELS	6:00 PM WOMENS ONLY	6:00 PM 8-13 YEARS BEGINNER	6:00 PM 8-13 YEARS ADVANCED	6:00 PM 5-13 YEARS NO GI	6:00 PM 8-13 YEARS ALL LEVELS	6:00 PM 8-13 YEARS BEGINNER	6:00 PM 8-13 YEARS ADVANCED	6:00 PM 5-13 YEARS COMP CLASS	6:00 PM WOMENS ONLY				
7:00 PM ADULT BEGINNER		7:00 PM NO GI ALL LEVELS	7:00 PM ADULT BEGINNER	7:00 PM ADULT BEGINNER		7:00 PM NO GI ALL LEVELS		7:00 PM ADULT OPEN MAT					
8:00 PM ADULT ADVANCED		8:00 PM NO GI ADVANCED		8:00 PM ADULT ADVANCED		8:00 PM NO GI ADVANCED	8:00 PM ADULT BEGINNER						
										9:30 AM 3-5 YEARS BEGINNER	9:30 AM 5-8 YEARS BEGINNER		
										10:15 AM 3-5 YEARS ADVANCED	10:15 AM 5-8 YEARS ADVANCED		
												10:00 AM 3-5 YEARS ALL LEVELS	
												10:45 AM 5-8 YEARS ALL LEVELS	
										11:00 AM 8-13 YEARS BEGINNER	11:00 AM 8-13 YEARS ADVANCED		
										12:00 PM ADULT BEGINNER			
												11:45 AM 8-13 YEARS ALL LEVELS	
										1:00 PM ADULT OPEN MAT			
												12:30 PM ADULT OPEN MAT	

NOTE

KIDS BEGINNER : White Belt - Grey/White with Red Stripe

KIDS ADVANCED : Grey/White with Red Stripe and above

ADULT ADVANCED : Includes Sparring