

# CLASS SCHEDULE



## MON

## TUE

## WED

## THU

## FRI

## SAT

## SUN

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

11:00 AM  
ADULT  
BEGINNER

12:00 PM  
ADVANCED:  
SPARRING

5:00 PM  
LITTLE  
CHAMPS 1

6:00 PM  
JUNIORS  
+ TEENS

7:00 PM  
ADULT  
BEGINNER

8:00 PM  
ADULT  
ADVANCED

6:00 AM  
ADULT  
BEGINNER

5:00 PM  
LITTLE  
CHAMPS 1

6:00 PM  
JUNIORS  
+ TEENS

7:00 PM  
ADULT  
NO GI

8:00 PM  
ADULT  
ADVANCED  
NO GI

9:30 AM  
PROF. TOM  
COMP CLASS

11:00 AM  
ADULT  
BEGINNER

12:00 PM  
ADVANCED:  
SPARRING

5:00 PM  
LITTLE  
CHAMPS 1

6:00 PM  
JUNIORS  
+ TEENS

7:00 PM  
ADULT  
BEGINNER

8:00 PM  
ADULT  
ADVANCED  
NO GI

6:00 AM  
ADULT  
BEGINNER

5:00 PM  
LITTLE  
CHAMPS 1

6:00 PM  
JUNIORS  
+ TEENS

7:00 PM  
ADULT  
NO GI

8:00 PM  
ADULT  
ADVANCED  
NO GI

9:30 AM  
PROF. TOM  
COMP CLASS

5:00 PM  
LITTLE  
CHAMPS 1

6:00 PM  
LC2 + TEENS  
COMP CLASS

7:00 PM  
ADULT  
OPEN MAT

5:00 PM  
LC2 + TEENS  
NO GI

6:00 PM  
FEMALE  
ONLY CLASS

10:00 AM  
LITTLE  
CHAMPS 1

11:00 AM  
JUNIORS  
+ TEENS

12:00 PM  
ADULT  
BEGINNER

1:00 PM  
ADULT  
NO GI

10:00 AM  
LITTLE  
CHAMPS 2

1:00 PM  
ADULT  
OPEN MAT

10:00 AM  
LITTLE  
CHAMPS 1

11:00 AM  
JUNIORS  
+ TEENS

12:00 PM  
PROF. TOM  
COMP CLASS

10:00 AM  
LITTLE  
CHAMPS 2

12:00 PM  
ADULT  
OPEN MAT

LC 1 (Little Champions 1) : 3 - 6 Years Old

LC 2 (Little Champions 2) : 7 - 9 Years Old

Juniors and Teens : 10 - 14 years old

Adults Beginner and All Levels

Adults Advanced - White Belt 3 Stripes +

Adult Females Only

Competition Class with Professor Tom