

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					KIDS 3-5 YEARS 9:30 am - 10:00 am
	ALL LEVELS 13+ (BEGINNER) 11:00 am - 12:00 pm		ALL LEVELS 13+ (BEGINNER) 11:00 am - 12:00 pm		KIDS 6-8 YEARS 10:00 am - 10:45 am
	SPARRING (ADVANCED) 12:00 pm - 12:45 pm		SPARRING (ADVANCED) 12:00 pm - 12:45 pm		KIDS 9-12 YEARS 11:00 am - 11:45 am
					ALL LEVELS 13+ (BEGINNER) 12:00 pm - 1:00 pm
KIDS 3-5 YEARS 4:30 pm - 5:00 pm		KIDS 3-5 YEARS 4:30 pm - 5:00 pm		KIDS 3-5 YEARS 4:30 pm - 5:00 pm	
KIDS 6-8 YEARS 5:00 pm - 5:45 pm		KIDS 6-8 YEARS 5:00 pm - 5:45 pm		KIDS 6-8 YEARS 5:00 pm - 5:45 pm	
KIDS 9-12 YEARS 6:00 pm - 6:45 pm		KIDS 9-12 YEARS 6:00 pm - 6:45 pm (Mat 1)		KIDS 9-12 YEARS 6:00 pm - 6:45 pm	
ALL LEVELS 13+ (BEGINNER) 7:00 pm - 8:00 pm	ALL LEVELS 13+ (NO GI) 7:00 pm - 8:00 pm	ALL LEVELS 13+ (BEGINNER) 7:00 pm - 8:00 pm	ALL LEVELS 13+ (NO GI) 7:00 pm - 8:00 pm	ALL LEVELS 13+ (BEGINNER) 7:00 pm - 8:00 pm	
SPARRING (ADVANCED) 8:00 pm - 9:00 pm	NO GI SPARRING (ADVANCED) 8:00 pm - 9:00 pm	SPARRING (ADVANCED) 8:00 pm - 9:00 pm	NO GI SPARRING (ADVANCED) 8:00 pm - 9:00 pm		
		WOMENS 6:00 pm - 6:45 pm (Mat 2)			