



OUR SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00AM-8:30AM Gi/No Gi	7:00AM-8:30AM Gi/No Gi	7:00AM-8:30AM Gi/No Gi	7:00AM-8:30AM Gi/No Gi		
	9:00AM-10:30AM Technical Pro		9:00AM-10:30AM Technical Pro			
10:30AM-12:00PM Open Mat	11:00AM-1:30PM Pro Training	11:00AM-1:30PM Pro Training	11:00AM-1:30PM Pro Training	11:00AM-1:30PM Pro Training		11:00AM-12:00PM Kids Class
12:00PM-1:30PM Class						12:00PM-2:00PM Class

4:00PM-5:00PM Kids Class	4:00PM-5:00PM Kids Class	4:00PM-5:00PM Kids Class	4:00PM-5:00PM Kids Class	4:00PM-5:00PM Class
5:30PM-6:30PM Class	5:30PM-6:30PM Foundations	5:30PM-6:30PM Class	5:30PM-6:30PM White-Belt Class	5:00PM-6:00PM Self-Defense
6:45PM-8:45PM Class	6:45PM-8:45PM No Gi Class	6:45PM-8:15PM Class	6:45PM-8:15PM Class	6:15PM-7:45PM Class
9:00PM-10:00PM Class	9:00PM-10:00PM Class	8:30PM-10:00PM Class	8:30PM-10:00PM No Gi Class	7:45PM-9:00PM Open Mat

Must Wear: Shirt/Rash Guard/Gi Top - Shorts/Gi Pants

**INTRODUCTION
LESSONS**

5:30PM
MALE & FEMALE

7:30PM
MALE

11:00AM
MALE & FEMALE