

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	7:00AM-8:00AM All Levels Wrestling	
						9:00AM-10:30AM Gi/No Gi Class
10:00AM-11:00AM White-Belt Class						11:00AM-12:00PM Kids Class
11:00AM-12:00PM Gi/No Gi Class	11:00AM-1:30PM Pro Training	11:00AM-1:30PM Pro Training	11:00AM-1:30PM Pro Training	11:00AM-1:30PM Pro Training		11:30AM Intro Lesson for Men
12:00PM-1:30PM Open Mat						12:00PM-2:00PM Class
						2:10PM-3:00PM Q & A Session
		3:30PM-4:15PM Kids Class 3yrs - 6yrs old	3:30PM-4:15PM Kids Class 3yrs - 6yrs old	3:30PM-4:15PM Kids Class 3yrs - 6yrs old		
	4:00PM-5:00PM All Levels Wrestling	4:15PM-5:00PM Kids Class 7yrs - 14yrs old	4:15PM-5:00PM Kids Class 7yrs - 14yrs old	4:15PM-5:00PM Kids Class 7yrs - 14yrs old	4:00PM-5:00PM Class	
					5:00PM-6:00PM Self-Defense FREE	
	5:30PM Intro Lessons for Men & Women			5:30PM Intro Lessons for Women		
	5:30PM-6:30PM Class	5:30PM-6:30PM Foundations	5:30PM-6:30PM Gi/No Gi Class	5:30PM-6:30PM White-Belt Class		6:00PM-7:30PM Gi/No Gi Class
	6:45PM-8:45PM Class	6:45PM-8:45PM No Gi Class	6:45PM-8:15PM Class	6:45PM-8:15PM Class		7:30PM - 8:30PM White-Belt Class
			8:30PM-10:00PM Class	8:30PM-10:00PM No Gi Class		7:30PM-9:00PM Open Mat
	9:00PM-10:00PM Gi/No Gi Class	9:00PM-10:00PM Class				

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