

CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI		SAT	SUN
7.15 AM - 8.15 AM	NO GI BASIC	GI BASIC	NO GI ALL LEVELS	GI/NO GI DRILL SESSION	NO GI BASIC	9.15 AM - 10.00 AM	TOTS BJJ 2-4 YEARS	
12.30 PM - 1.30 PM	NO GI FUNDAMENTALS				NO GI BASIC	10.15 AM - 11.15 AM	KIDS BJJ 4-8 YEARS	
5.00 PM - 6.00 PM			KIDS BJJ 4-8 YEARS	KIDS COMBAT MOVEMENT	KIDS COMBAT MOVEMENT	11.30 AM - 12.30 PM	NO GI BASIC	
6.15 PM - 7.15 PM	GI FUNDAMENTALS		NO GI FUNDAMENTALS	NO GI FUNDAMENTALS	GI FUNDAMENTALS	12.30 PM - 1.30 PM	GI/NO GI ALL LEVELS	
7.15 PM - 8.15 PM	GI BASIC	6.45PM - 7.45PM JUDO (GI)	NO GI BASIC	NO GI BASIC	7.00PM - 9.00PM	2.15 PM - 3.15 PM	TWEENS BJJ 9-13 YEARS	
8.15 PM - 9.15 PM	GI ALL LEVELS	7.45PM- 9.00PM KYOKUSHIN KARATE (NO GI)	NO GI ALL LEVELS	NO GI ALL LEVELS	FREESTYLE CROSS TRAINING	4.30 PM - 5.30 PM		KIDS COMBAT MOVEMENT