

TRAINING SCHEDULE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	WOMEN ONLY 9:00-10:00
	ALL LEVELS 10:00-11:00		ALL LEVELS 10:00-11:00		JUNIOR / TEENS COMPETITION 10:00-11:00
	SPARRING 11:00-11:30		SPARRING 11:00-11:30		ALL LEVELS 11:00-12:00
					SPARRING 12:00-1:00

EVENING CLASSES

KIDS 3:30-4:00		KIDS 3:30-4:00		KIDS 3:30-4:00	PRIVATE LESSONS
JUNIORS 4:00-5:00	JUNIORS 4:00-5:00	JUNIORS 4:00-5:00	JUNIORS 4:00-5:00	JR'S NO GI 4:00-5:00	
TEENS 5:00-6:00	TEENS 5:00-6:00	TEENS 5:00-6:00	TEENS 5:00-6:00	TEENS NO GI 5:00-6:00	
FUNDAMENTALS 6:00-7:00	FUNDAMENTALS 6:00-7:00	FUNDAMENTALS 6:00-7:00	FUNDAMENTALS 6:00-7:00	FUNDAMENTALS 6:00-7:00	
ADVANCED 7:00-8:00	ADVANCED 7:00-8:00	ADVANCED 7:00-8:00	ADVANCED 7:00-8:00	BLACK BELT PROGRAM 7:00-8:00	
SPARRING 8:00-8:30	SPARRING 8:00-8:30	SPARRING 8:00-8:30	SPARRING 8:00-8:30	SPARRING 8:00-8:30	

BLACK BELT PROGRAM: Must be a Purple Belt or higher. This class focuses on extremely advanced positions and Leg Locks.

JUNIOR / TEENS COMPETITION: Invite only with a minimum rank requirement of Grey and White Belt.