

CLASS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2
		6:00 AM Adult All Levels				6:00 AM Adult All Levels							
		7:00 AM Advanced				7:00 AM Advanced							
										9:30 AM 3-5 Years Beginner			
11:00 AM Adult All Levels				11:00 AM Adult All Levels				11:00 AM Adult All Levels		10:00 AM 4-5 Years Advanced / 6-8 Years All Levels		10:00 AM 3-5 Years All Levels	10:00 AM Kids / Teens Open Mat
12:00 PM Advanced				12:00 PM Advanced				12:00 PM Advanced		10:45 AM 9-13 Years Beginner	10:45 AM 9-13 Years Advanced		
										11:30 AM Adult All Levels			
										12:30PM Adult Open Mat			
4:30 PM 3-5 Years Beginner		4:30 PM 3-4 Years Beginner		4:30 PM 3-5 Years Beginner		4:30 PM 3-4 Years Beginner		4:30 PM 3-5 Years All Levels					
5:00PM 6-8 Years All Levels		5:00 PM 3-5 Years All Levels		5:00PM 6-8 Years All Levels		5:00 PM 3-5 Years All Levels		5:15 PM 5-8 Years No Gi					
6:00 PM 9-13 Years All Levels	6:00 PM Womens Only	5:45 PM 4-5 Years Advanced / 6-8 Years All Levels		6:00 PM 5-13 Years No Gi	6:00 PM 9-13 Years All Levels	5:45 PM 4-5 Years Advanced / 6-8 Years All Levels		6:00 PM 9-13 Years No Gi					
7:00 PM Adult All Levels		6:30 PM 9-13 Years Beginner	6:30 PM 9-13 Years Advanced	7:00 PM Adult All Levels		6:30 PM 9-13 Years Beginner	6:30 PM 9-13 Years Advanced	6:45 PM 5-13 Years Advanced	6:45 PM Womens Only				
8:00 PM Advanced		7:30 PM No Gi All Levels	7:30PM Adult All Levels	8:00 PM Advanced		7:30 PM No Gi All Levels	7:30PM Adult All Levels	7:30 PM MAT BURN					
		8:30 PM No Gi Advanced				8:30 PM No Gi Advanced							

NOTE

3-4 and 3-5 Years Beginner: White Belt Only

4-5 Years Advanced: Grey/White Belt +

9-13 Years Advanced: Grey/White Belt with one Red Stripe +

Mat Burn: Adult Fitness Drills