



Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids							
12-12:45 pm						8-12 yrs old	
5:30-6:15 pm	6-12 yrs old	6-12 yrs old	6-12 yrs old	6-12 yrs old			
Adults / Teens							
6:30-7:30 am		Sport No-Gi			Sport No-Gi		
10:00-11:00 am						Teen & Adult Open Mat	
11:00-12:00 pm							Women's only Class
6:20-7:20 pm	Self Defense Gi	Self Defense Gi	Sport No-Gi	Sport Gi			
7:20-8:20 pm		Sport No-Gi					