

Mat 1 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am		No-Gi		All Levels Class			
10:00 am						Teens (Age 12-16)	
11:00 am						All Levels Class	All Levels Class
12:00 pm	All Levels Class	All Levels Class	No-Gi	All Levels Class	All Levels Class	Open Mat	
1:00 pm							
4:15 pm	Kids (Age 5-7)	Kids (Age 3-4)	Kids (Age 5-7)	Kids (Age 1-2)	Kids (Age 5-7)		
5:00 pm	Kids (Age 8-11)	Teens No-Gi (Age 12-16)	Kids No-Gi (Age 8-11) ★ New Class	Teens (Age 12-16)	Kids (Age 8-11)		
6:00 pm	All Levels Class	No-Gi	No-Gi	All Levels Class	Fundamentals (With Sparring)		
7:00 pm	Advanced (No-Gi)		Advanced		No-Gi		
8:00 pm							
9:00 pm							

Mat 2 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm	After-School Program	After-School Program	After-School Program	After-School Program	After-School Program
5:00 pm					
6:00 pm	Fundamentals (With Sparring)		Fundamentals (With Sparring)		
7:00 pm	Fundamentals (Without Sparring)	All Levels Class (6:45PM to 8:00PM) ★ New Class	Fundamentals (Without Sparring)	All Levels Class (6:45PM to 8:00PM) ★ New Class	
8:00 pm					
9:00 pm					