



| Monday                                  | Tuesday                                  | Wednesday                               | Thursday                           | Friday                                  | Saturday                             | Sunday                                 |
|---|--|---|------------------------------------|---|--------------------------------------|--|
| <b>M O R N I N G C L A S S E S</b>      |  |   |                                    |   |                                      |  |
| Gi Fundamentals class<br>4:30 - 5:30 AM | BEGINNERS/ADVANC<br>Gi Class 8:00 - 9:00 | Gi Fundamentals class<br>4:30 - 5:30 AM | BEGINNERS/ADVANC<br>Gi 8:00 - 9:00 | Gi Fundamentals class<br>4:30 - 5:30 AM |                                      | <b>C<br/>L<br/>O<br/>S<br/>E<br/>D</b> |
|   | Kickboxing<br>9:00 - 10:00               |   | Kickboxing<br>9:00 - 10:00         |   |                                      |  |
| BEGINNERS/ADVANC<br>Gi 10:00 - 11:00    |  | BEGINNERS/ADVANC<br>Gi 10:00 - 11:00    |                                    | No Gi<br>10:00 - 11:00                  | All Kids Ages<br>10:00 - 11:00       |  |
|   |  |   |                                    |   | BEGINNERS/ADVANC<br>Gi 11:00 - 12:30 |  |
|   |  |   |                                    |   |                                      |  |
| <b>E V E N I N G S C L A S S E S</b>    |  |   |                                    |   |                                      |  |
|   | Little Champs<br>3:30 - 4:15             |   | Little Champs<br>3:30 - 4:15       |   |                                      | <b>C<br/>L<br/>O<br/>S<br/>E<br/>D</b> |
| Kids/Juniors<br>4:00 - 4:45             | Little Champs<br>4:30 - 5:20             | Kids/Juniors<br>4:00 - 4:45             | Little Champs<br>4:30 - 5:20       |   |                                      |  |
| Kids/Juniors<br>5:00 - 6:00             | Pre Teen Advance<br>5:30 - 6:30          | Kids/Juniors<br>5:00 - 6:00             | Pre Teen Advance<br>5:30 - 6:30    | No Gi Kids/Juniors<br>5:00 - 6:00       |                                      |  |
| Gi Fundamentals class<br>6:00 - 7:00    | No GI<br>6:30 - 7:30                     | Gi Fundamentals class<br>6:00 - 7:00    | No GI<br>6:30 - 7:30               | BEGINNERS/ADVANC<br>Gi 6:00 - 7:30      |                                      |  |
| BEGINNERS/ADVANC<br>Gi 7:00 - 8:00      | BEGINNERS/ADVANC<br>Gi 7:30 - 8:30       | BEGINNERS/ADVANC<br>Gi 7:00 - 8:00      | BEGINNERS/ADVANC<br>Gi 7:30 - 8:30 |   |                                      |  |
| Kickboxing<br>8:00 - 9:00               |  | Kickboxing<br>8:00 - 9:00               |                                    |   |                                      |  |