

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						BLACK BELT NO GI
10AM						KIDS & JUNIORS NO GI
11AM		ADULTS GI		ADULTS GI		RANDORI
4PM	KIDS GI	KIDS GI	KIDS NO GI	KIDS GI	BLACK BELT GI	
5PM	JUNIORS GI	JUNIORS GI	JUNIORS NO GI	JUNIORS GI	KIDS & JUNIORS GI	
6PM	TEENS GI	TEENS GI	TEENS NO GI	TEENS GI	ADULTS RANDORI	
7PM	ADULTS GI	ADULTS GI	ADULTS GI	ADULTS GI		
8PM - 8:30PM	RANDORI	RANDORI	RANDORI	RANDORI		
8:30PM		MUAYTHAI ADULTS		MUAYTHAI ADULTS		
KIDS JJ	5 TO 7 YO	ALL LEVELS				
JUNIORS JJ	8 TO 10 YO	ALL LEVELS				
TEENS JJ	11 TO 15 YO	ALL LEVELS				
ADULTS JJ	16 YO & OVER	ALL LEVELS				
RANDORI	17 YO & OVER	GI OR NO GI LIVE TRAINING				
BLACK BELT JJ	ADVANCED KIDS	SPECIAL PROGRAM				



