

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9AM</b>						BLACK BELT NO GI
<b>10AM</b>						KIDS-JUNIORS-TEENS GI
<b>11AM</b>		ADULTS GI		ADULTS GI		ADULTS GI
<b>4PM</b>	KIDS GI	KIDS GI	KIDS NO GI	KIDS GI	BLACK BELT GI	
<b>5PM</b>	JUNIORS GI	JUNIORS GI	JUNIORS NO GI	JUNIORS GI	KIDS-JUNIORS-TEENS GI	
<b>6PM</b>	TEENS GI	TEENS GI	TEENS NO GI	TEENS GI		
<b>7PM</b>	ADULTS GI	ADULTS GI	ADULTS GI	ADULTS GI		
<b>8PM - 8:30PM</b>	LIVE TRAINING	LIVE TRAINING	LIVE TRAINING	LIVE TRAINING		
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				
LIVE TRAINING	17 YO & OVER	GI OR NO GI SPARRING				
BLACK BELT JJ	ADVANCED KIDS	SPECIAL PROGRAM				



