

CLASS SCHEDULE



MON

TUE

WED

THUR

FRI

SAT

SUN

MON		TUE		WED		THUR		FRI		SAT		SUN	
MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
		6:00 AM ADULT BEGINNER				6:00 AM ADULT BEGINNER							
				9:30 AM PROF. TOM COMP CLASS									
11:00 AM ADULT BEGINNER				11:00 AM ADULT BEGINNER		11:00 AM ADULT BEGINNER		11:00 AM ADULT BEGINNER		10:00 AM LITTLE CHAMPS 1	10:00 AM LITTLE CHAMPS 2	10:00 AM LITTLE CHAMPS 1	
12:00 PM ADVANCED: SPARRING				12:00 PM ADVANCED: SPARRING		12:00 PM ADVANCED: SPARRING		12:00 PM ADVANCED: SPARRING		11:00 AM JUNIORS + TEENS		10:45 AM LITTLE CHAMPS 2	
										12:00 PM ADULT BEGINNER		11:45 AM JUNIORS + TEENS	
										1:00 PM ADULT NO GI	1:00 PM ADULT OPEN MAT	12:30 PM ADULT OPEN MAT	
5:00 PM LITTLE CHAMPS 1	5:00 PM LITTLE CHAMPS 2	5:00 PM LITTLE CHAMPS 1	5:00 PM LITTLE CHAMPS 2	5:00 PM LITTLE CHAMPS 1	5:00 PM LITTLE CHAMPS 2	5:00 PM LITTLE CHAMPS 1	5:00 PM LITTLE CHAMPS 2	5:00 PM LITTLE CHAMPS 1	5:00 PM LC2 + TEENS NO GI				
6:00 PM JUNIORS + TEENS		6:00 PM JUNIORS + TEENS		6:00 PM JUNIORS + TEENS		6:00 PM JUNIORS + TEENS		6:00 PM LC2 + TEENS COMP CLASS	6:00 PM FEMALE ONLY CLASS				
7:00 PM ADULT BEGINNER		7:00 PM ADULT NO GI	7:00 PM ADULT BEGINNER	7:00 PM ADULT BEGINNER		7:00 PM ADULT NO GI		7:00 PM ADULT OPEN MAT					
8:00 PM ADULT ADVANCED		8:00 PM ADULT ADVANCED NO GI		8:00 PM ADULT ADVANCED NO GI	8:00 PM ADULT ADVANCED	8:00 PM ADULT ADVANCED NO GI	8:00 PM ADULT BEGINNER						

LC 1 (Little Champions 1) : 3 - 6 Years Old

LC 2 (Little Champions 2) : 7 - 9 Years Old

Juniors and Teens : 10 - 14 years old

Adults Beginner and All Levels

Adults Advanced - White Belt 3 Stripes +

Adult Females Only

Competition Class with Professor Tom