

TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
	6:30AM - 7:30AM TEENS & ADULTS ALL LEVELS GI		6:30AM - 7:30AM TEENS & ADULTS ALL LEVELS GI		8:00AM - 9:00AM WOMEN'S ONLY ALL LEVELS GI	
					8:00AM - 9:00AM JUNIORS ADVANCED (11-17yo) INVITE ONLY GI	
					8:00AM - 9:30AM TINY WARRIORS (4-7yo) ALL LEVELS GI	
					9:40AM - 10:20AM LITTLE WARRIORS (7-12yo) ALL LEVELS GI	
					10:30AM - 12:00PM JUNIORS, TEENS & ADULTS ALL LEVELS OPEN MAT	
LUNCHTIME						
12:00PM - 1:00PM TEENS & ADULTS ALL LEVELS GI		12:00PM - 1:00PM TEENS & ADULTS ALL LEVELS NO GI		12:00PM - 1:00PM TEENS & ADULTS ALL LEVELS GI		
1:00PM - 1:30PM TEENS & ADULTS OPEN MAT / STUDY		1:00PM - 1:30PM TEENS & ADULTS OPEN MAT / STUDY		1:00PM - 1:30PM TEENS & ADULTS OPEN MAT / STUDY		
AFTERNOON / EVENING						
4:00PM - 4:30PM TINY WARRIORS (4-7yo) ALL LEVELS GI	4:00PM - 4:30PM TINY WARRIORS (4-7yo) ALL LEVELS GI	4:00PM - 4:30PM TINY WARRIORS (4-7yo) ALL LEVELS NO GI	4:00PM - 4:30PM TINY WARRIORS (4-7yo) ALL LEVELS GI	4:00PM - 4:30PM TINY WARRIORS (4-7yo) ALL LEVELS NO GI		
	4:40PM - 5:20PM ADVANCED TINY WARRIORS 3 STRIPES AND ABOVE ONLY GI					
4:40PM - 5:20PM LITTLE WARRIORS (7-12yo) ALL LEVELS GI	4:40PM - 5:20PM LITTLE WARRIORS (7-12yo) ALL LEVELS GI	4:40PM - 5:20PM LITTLE WARRIORS (7-12yo) ALL LEVELS NO GI	4:40PM - 5:20PM LITTLE WARRIORS (7-12yo) ALL LEVELS GI	4:40PM - 5:20PM LITTLE WARRIORS (7-12yo) ALL LEVELS NO GI		
	5:30PM - 6:20PM ADVANCED LITTLE WARRIORS 3 STRIPES AND ABOVE ONLY GI					
5:30PM - 6:20PM JUNIOR WARRIORS (11-15yo) ALL LEVELS GI	5:30PM - 6:20PM JUNIOR WARRIORS (11-15yo) ALL LEVELS GI	5:30PM - 6:20PM JUNIOR WARRIORS (11-15yo) ALL LEVELS NO GI	5:30PM - 6:20PM MIXED WARRIORS (ALL AGES) COMPETITORS CLASS 1 STRIPES AND ABOVE			
				5:30PM - 7:30PM APEX IQ JUNIORS & ADULTS WEEKLY TECHNIQUE RECAP STUDY, DRILL, ROLL GI / NO GI (STUDENT'S CHOICE)		
6:30PM - 7:30PM TEENS & ADULTS ALL LEVELS GI	6:30PM - 7:30PM TEENS & ADULTS ALL LEVELS GI	6:30PM - 7:30PM TEENS & ADULTS ALL LEVELS NO GI	6:30PM - 7:30PM TEENS & ADULTS ALL LEVELS GI			
7:30PM - 8:00PM TEENS & ADULTS OPEN MAT / STUDY	7:30PM - 8:00PM TEENS & ADULTS OPEN MAT / STUDY	7:30PM - 8:00PM TEENS & ADULTS OPEN MAT / STUDY	7:30PM - 8:00PM TEENS & ADULTS ALL LEVELS NO GI			

AGE LEVEL	
TINY WARRIORS	4-7yo
LITTLE WARRIORS	7-12yo
JUNIOR WARRIORS	11-15yo
TEENS & ADULTS	15yo +

KEY	
ALL LEVELS	SUITABLE FOR ALL BELTS
ADVANCED	ADV TECHNIQUE - 3 STRIPES & ABOVE
NO GI	BASH SHIRT & SHORTS ATTIRE
OPEN MAT / STUDY	SPAR / DRILL / TECHNIQUE BREAKDOWN
COMPETITION CLASS	COMPETITION TRAINING - 1 STRIPE & ABOVE
JUNIORS ADVANCED	ADV TECHNIQUE & SPARRING - INVITE ONLY
APEX IQ	WEEKLY TECHNIQUE RECAP, STUDY, DRILL, ROLL