

WEEKLY SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday
06:00 - 07:00AM		ALL LEVELS NOGI			ALL LEVELS GI
07:00 - 08:00AM				ALL LEVELS GI	
08:00 - 09:00AM		WOMEN'S NOGI		WOMEN'S GI	
09:00 - 10:00AM		HOMESCHOOL KIDS CLASS		HOMESCHOOL KIDS CLASS	
10:00 - 11:00AM	YOGA		YOGA		YOGA
11:00 - 12:00PM					
12:00 - 01:00PM	LUNCH CLASS		LUNCH CLASS		
04:30 - 05:00PM	LITTLE KIDS GI	LITTLE KIDS GI	LITTLE KIDS NOGI	LITTLE KIDS GI	
05:00 - 06:00PM	KIDS/ WOMEN'S GI	KIDS/ WOMEN'S GI	KIDS/ WOMEN'S NOGI	KIDS/ WOMEN'S GI	KIDS/TEENS WRESTLING
06:00 - 07:00PM	TEENS GI	TEENS GI	TEENS NOGI	TEENS GI	ADULTS WRESTLING
07:00 - 08:00PM	FUNDAMENTALS GI	FUNDAMENTALS GI	FUNDAMENTALS NOGI	FUNDAMENTALS GI	OPEN MAT GI/NOGI
08:00 - 09:00PM	ADVANCED GI	ADVANCED GI	ADVANCED NOGI	ADVANCED GI	