

JANUARY 2026

ALAMEDA BIG

| DATE   | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |     |
|--------|-----------------|-------|---------|------------|-------------|-----|
|        | MON             |       |         |            |             |     |
|        |                 |       |         |            |             |     |
|        | TUES            |       |         |            |             |     |
|        |                 |       |         |            |             |     |
|        | WED             |       |         |            |             |     |
|        |                 |       |         |            |             |     |
|        | THURS           |       |         |            |             |     |
|        |                 |       |         |            |             |     |
|        | FRI             |       |         |            |             |     |
|        |                 |       |         |            |             |     |
| 1/3/26 | SAT             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|        |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |
|        | SUN             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|        |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |

SAN FRANCISCO

| DATE | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |  |
|------|-----------------|-------|---------|------------|-------------|--|
|      | MON             |       |         |            |             |  |
|      |                 |       |         |            |             |  |
|      | TUES            |       |         |            |             |  |
|      |                 |       |         |            |             |  |
|      | WED             |       |         |            |             |  |
|      |                 |       |         |            |             |  |
|      | THURS           |       |         |            |             |  |
|      |                 |       |         |            |             |  |
|      | FRI             |       |         |            |             |  |
|      |                 |       |         |            |             |  |
|      | SAT             | EMTC  | AM R1   | 6AM        |             |  |
|      |                 | EMTC  | PM R1   | 11:15AM    |             |  |
|      | SUN             | EMTC  | AM R2   | 6AM        |             |  |
|      |                 | EMTC  | PM R2   | 11:15AM    |             |  |

ALAMEDA LITTLE

| DATE   | DAY OF THE WEEK | CLASS | INSTRUCTORS |
|--------|-----------------|-------|-------------|
|        | MON             |       |             |
|        |                 |       |             |
|        | TUES            |       |             |
|        |                 |       |             |
|        | WED             |       |             |
|        |                 |       |             |
|        | THURS           |       |             |
|        |                 |       |             |
|        | FRI             |       |             |
|        |                 |       |             |
| 1/3/26 | SAT             |       |             |
|        |                 |       |             |
|        | SUN             |       |             |
|        |                 |       |             |

VALLEJO LITTLE

| DAY OF THE WEEK | CLASS | INSTRUCTORS |
|-----------------|-------|-------------|
| MON             |       |             |
|                 |       |             |
| TUES            |       |             |
|                 |       |             |
| WED             |       |             |
|                 |       |             |
| THURS           |       |             |
|                 |       |             |
| FRI             |       |             |
|                 |       |             |
| SAT             |       |             |
|                 |       |             |
| SUN             |       |             |
|                 |       |             |

VALLEJO BIG

| DATE | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |        |
|------|-----------------|-------|---------|------------|-------------|--------|
|      | MON             |       |         |            |             |        |
|      |                 |       |         |            |             |        |
|      | TUES            |       |         |            |             |        |
|      |                 |       |         |            |             |        |
|      | WED             |       |         |            |             |        |
|      |                 |       |         |            |             |        |
|      | THURS           |       |         |            |             |        |
|      |                 |       |         |            |             |        |
|      | FRI             |       |         |            |             |        |
|      |                 |       |         |            |             |        |
|      | SAT             | EMTC  | AM R1   | 6AM        | CLARK       |        |
|      |                 | EMTC  | PM R1   | 11:15AM    | CLARK       |        |
|      | SUN             | EMTC  | AM R2   | 6AM        | SANNER      | NORCAL |
|      |                 | EMTC  | PM R2   | 11:15AM    | SANNER      | NORCAL |

| ALAMEDA BIG |                 |       |         |            |             |     |
|-------------|-----------------|-------|---------|------------|-------------|-----|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |     |
|             | MON             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | TUES            |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | WED             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | THURS           |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | FRI             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
| 1/10/26     | SAT             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|             |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |
|             | SUN             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|             |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |

| SAN FRANCISCO |                 |       |         |            |             |         |
|---------------|-----------------|-------|---------|------------|-------------|---------|
| DATE          | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |         |
|               | MON             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | TUES            |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | WED             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | THURS           |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | FRI             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | SAT             | EMTC  | AM R1   | 6AM        | ROGERS      | MENSING |
|               |                 | EMTC  | PM R1   | 11:15AM    | ROGERS      | MENSING |
|               | SUN             | EMTC  | AM R2   | 6AM        | SANNER      | MENSING |
|               |                 | EMTC  | PM R2   | 11:15AM    | SANNER      | MENSING |

| LITTLE/IRC |                 |       |             |
|------------|-----------------|-------|-------------|
| DATE       | DAY OF THE WEEK | CLASS | INSTRUCTORS |
|            | MON             |       |             |
|            |                 |       |             |
|            | TUES            |       |             |
|            |                 |       |             |
|            | WED             |       |             |
|            |                 |       |             |
|            | THURS           |       |             |
|            |                 |       |             |
|            | FRI             |       |             |
|            |                 |       |             |
| 1/10/26    | SAT             |       |             |
|            |                 |       |             |
|            | SUN             |       |             |
|            |                 |       |             |

| VALLEJO LITTLE  |       |             |
|-----------------|-------|-------------|
| DAY OF THE WEEK | CLASS | INSTRUCTORS |
| MON             |       |             |
|                 |       |             |
| TUES            |       |             |
|                 |       |             |
| WED             |       |             |
|                 |       |             |
| THURS           |       |             |
|                 |       |             |
| FRI             |       |             |
|                 |       |             |
| SAT             |       |             |
|                 |       |             |
| SUN             |       |             |
|                 |       |             |

| VALLEJO BIG |                 |       |         |            |             |  |
|-------------|-----------------|-------|---------|------------|-------------|--|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |  |
|             | MON             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | TUES            |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | WED             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | THURS           |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | FRI             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | SAT             | EMTC  | AM R1   | 6AM        |             |  |
|             |                 | EMTC  | PM R1   | 11:15AM    |             |  |
|             | SUN             | EMTC  | AM R2   | 6AM        |             |  |
|             |                 | EMTC  | PM R2   | 11:15AM    |             |  |



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|--------------|-----------------|-------|---------|------------|-------------|-----|
| DATE         | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |     |
|              | MON             |       |         |            |             |     |
|              |                 |       |         |            |             |     |
|              | TUES            |       |         |            |             |     |
|              |                 |       |         |            |             |     |
|              | WED             |       |         |            |             |     |
|              |                 |       |         |            |             |     |
|              | THURS           |       |         |            |             |     |
|              |                 |       |         |            |             |     |
|              | FRI             |       |         |            |             |     |
|              |                 |       |         |            |             |     |
| 1/17/26      | SAT             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|              |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |
|              | SUN             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|              |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |

| SAN FRANCISCO |                 |       |         |            |             |         |
|---------------|-----------------|-------|---------|------------|-------------|---------|
| DATE          | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |         |
|               | MON             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | TUES            |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | WED             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | THURS           |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | FRI             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | SAT             | EMTC  | AM R1   | 6AM        | ROGERS      | MENSING |
|               |                 | EMTC  | PM R1   | 11:15AM    | ROGERS      | MENSING |
|               | SUN             | EMTC  | AM R2   | 6AM        | SANNER      | MENSING |
|               |                 | EMTC  | PM R2   | 11:15AM    | SANNER      | MENSING |

| LITTLE/IRC |                 |       |             |
|------------|-----------------|-------|-------------|
| DATE       | DAY OF THE WEEK | CLASS | INSTRUCTORS |
|            | MON             |       |             |
|            |                 |       |             |
|            | TUES            |       |             |
|            |                 |       |             |
|            | WED             |       |             |
|            |                 |       |             |
|            | THURS           |       |             |
|            |                 |       |             |
|            | FRI             |       |             |
|            |                 |       |             |
| 1/17/26    | SAT             |       |             |
|            |                 |       |             |
|            | SUN             |       |             |
|            |                 |       |             |

| VALLEJO LITTLE  |       |             |
|-----------------|-------|-------------|
| DAY OF THE WEEK | CLASS | INSTRUCTORS |
| MON             |       |             |
|                 |       |             |
| TUES            |       |             |
|                 |       |             |
| WED             |       |             |
|                 |       |             |
| THURS           |       |             |
|                 |       |             |
| FRI             |       |             |
|                 |       |             |
| SAT             |       |             |
|                 |       |             |
| SUN             |       |             |
|                 |       |             |

| VALLEJO BIG |                 |       |         |            |             |  |
|-------------|-----------------|-------|---------|------------|-------------|--|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |  |
|             | MON             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | TUES            |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | WED             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | THURS           |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | FRI             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | SAT             | EMTC  | AM R1   | 6AM        | CLARK       |  |
|             |                 | EMTC  | PM R1   | 11:15AM    | CLARK       |  |
|             | SUN             | EMTC  | AM R2   | 6AM        | CLARK       |  |
|             |                 | EMTC  | PM R2   | 11:15AM    | CLARK       |  |

| ALAMEDA BIG |                 |       |         |            |             |     |
|-------------|-----------------|-------|---------|------------|-------------|-----|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |     |
|             | MON             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | TUES            |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | WED             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | THURS           |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | FRI             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
| 1/24/26     | SAT             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|             |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |
|             | SUN             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|             |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |

| SAN FRANCISCO |                 |       |         |            |             |         |
|---------------|-----------------|-------|---------|------------|-------------|---------|
| DATE          | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |         |
|               | MON             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | TUES            |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | WED             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | THURS           |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | FRI             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | SAT             | EMTC  | AM R1   | 6AM        | ROGERS      | MENSING |
|               |                 | EMTC  | PM R1   | 11:15AM    | ROGERS      | MENSING |
|               | SUN             | EMTC  | AM R2   | 6AM        | SANNER      | MENSING |
|               |                 | EMTC  | PM R2   | 11:15AM    | SANNER      | MENSING |

| LITTLE/IRC |                 |       |             |
|------------|-----------------|-------|-------------|
| DATE       | DAY OF THE WEEK | CLASS | INSTRUCTORS |
|            | MON             |       |             |
|            |                 |       |             |
|            | TUES            |       |             |
|            |                 |       |             |
|            | WED             |       |             |
|            |                 |       |             |
|            | THURS           |       |             |
|            |                 |       |             |
|            | FRI             |       |             |
|            |                 |       |             |
| 1/24/26    | SAT             |       |             |
|            |                 |       |             |
|            | SUN             |       |             |
|            |                 |       |             |

| VALLEJO LITTLE  |       |             |
|-----------------|-------|-------------|
| DAY OF THE WEEK | CLASS | INSTRUCTORS |
| MON             |       |             |
|                 |       |             |
| TUES            |       |             |
|                 |       |             |
| WED             |       |             |
|                 |       |             |
| THURS           |       |             |
|                 |       |             |
| FRI             |       |             |
|                 |       |             |
| SAT             |       |             |
|                 |       |             |
| SUN             |       |             |
|                 |       |             |

| VALLEJO BIG |                 |       |         |            |             |  |
|-------------|-----------------|-------|---------|------------|-------------|--|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |  |
|             | MON             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | TUES            |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | WED             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | THURS           |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | FRI             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | SAT             | EMTC  | AM R1   | 6AM        |             |  |
|             |                 | EMTC  | PM R1   | 11:15AM    |             |  |
|             | SUN             | EMTC  | AM R2   | 6AM        |             |  |
|             |                 | EMTC  | PM R2   | 11:15AM    |             |  |



| ALAMEDA BIG |                 |       |         |            |             |     |
|-------------|-----------------|-------|---------|------------|-------------|-----|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |     |
|             | MON             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | TUES            |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | WED             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | THURS           |       |         |            |             |     |
|             |                 |       |         |            |             |     |
|             | FRI             |       |         |            |             |     |
|             |                 |       |         |            |             |     |
| 1/31/26     | SAT             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|             |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |
|             | SUN             | EMTC  | AM R1   | 6AM        | ERIC        | REN |
|             |                 | EMTC  | PM R2   | 11:15AM    | ERIC        | REN |

| SAN FRANCISCO |                 |       |         |            |             |         |
|---------------|-----------------|-------|---------|------------|-------------|---------|
| DATE          | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |         |
|               | MON             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | TUES            |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | WED             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | THURS           |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | FRI             |       |         |            |             |         |
|               |                 |       |         |            |             |         |
|               | SAT             | EMTC  | AM R1   | 6AM        | ROGERS      | MENSING |
|               |                 | EMTC  | PM R1   | 11:15AM    | ROGERS      | MENSING |
|               | SUN             | EMTC  | AM R2   | 6AM        | SANNER      | MENSING |
|               |                 | EMTC  | PM R2   | 11:15AM    | SANNER      | MENSING |

| LITTLE/IRC |                 |       |             |
|------------|-----------------|-------|-------------|
| DATE       | DAY OF THE WEEK | CLASS | INSTRUCTORS |
|            | MON             |       |             |
|            |                 |       |             |
|            | TUES            |       |             |
|            |                 |       |             |
|            | WED             |       |             |
|            |                 |       |             |
|            | THURS           |       |             |
|            |                 |       |             |
|            | FRI             |       |             |
|            |                 |       |             |
| 1/31/26    | SAT             |       |             |
|            |                 |       |             |
|            | SUN             |       |             |
|            |                 |       |             |

| VALLEJO LITTLE  |       |             |
|-----------------|-------|-------------|
| DAY OF THE WEEK | CLASS | INSTRUCTORS |
| MON             |       |             |
|                 |       |             |
| TUES            |       |             |
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| WED             |       |             |
|                 |       |             |
| THURS           |       |             |
|                 |       |             |
| FRI             |       |             |
|                 |       |             |
| SAT             |       |             |
|                 |       |             |
| SUN             |       |             |
|                 |       |             |

| VALLEJO BIG |                 |       |         |            |             |  |
|-------------|-----------------|-------|---------|------------|-------------|--|
| DATE        | DAY OF THE WEEK | CLASS | SESSION | START TIME | INSTRUCTORS |  |
|             | MON             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | TUES            |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | WED             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | THURS           |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | FRI             |       |         |            |             |  |
|             |                 |       |         |            |             |  |
|             | SAT             | EMTC  | AM R1   | 6AM        | CLARK       |  |
|             |                 | EMTC  | PM R1   | 11:15AM    | CLARK       |  |
|             | SUN             | EMTC  | AM R2   | 6AM        | CLARK       |  |
|             |                 | EMTC  | PM R2   | 11:15AM    | CLARK       |  |

