

# Kids/Teens Schedule

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>11AM</b>		<b>Gi</b> <b>Fundamentals</b> <b>Teens/Adults</b>		<b>NoGi</b> <b>Fundamentals</b> <b>Teens/Adults</b>		
<b>3PM</b>	<b>Nogi</b> <b>Fundamentals</b> <b>Teens/Adults</b>					
<b>5PM</b> <b>WEST MAT</b>		<b>Lil Scrappers</b> <b>All Levels</b> <b>Gi</b>	<b>Lil Scrappers</b> <b>Advanced</b> <b>Gi</b>	<b>Lil Scrappers</b> <b>All Levels</b> <b>NoGi</b>	<b>Lil Scrappers</b> <b>Advanced</b> <b>NoGi</b>	<b>Lil Scrappers</b> <b>All Levels</b> <b>Gi</b>
<b>5PM</b> <b>EAST MAT</b>		<b>Tiny</b> <b>Scrappers</b> <b>Gi</b>	<b>Lil Scrappers</b> <b>Beginners</b> <b>Gi</b>	<b>Tiny</b> <b>Scrappers</b> <b>NoGi</b>	<b>Lil' Scrappers</b> <b>Beginners</b> <b>NoGi</b>	<b>Tiny</b> <b>Scrappers</b> <b>Gi</b>
<b>6PM</b>			<b>Gi</b> <b>Fundamentals</b> <b>Teens/Adults</b>		<b>NoGi</b> <b>Fundamentals</b> <b>Teens/Adults</b>	

# Kids/Teens Schedule Guide

## Tiny Scrappers

- Ages 3-7
- Focuses on Body Mechanics and Mat Behavior
- Grappling games!
- Students may graduate this class early

## Lil Scrappers Beginner & All Levels

- Ages 7+
- Younger kids may attend with early graduation from Tiny Scrappers
- These classes are geared for all levels and all kids ages 7-15!
- Large teens may be moved to adult classes
- Very beginner Friendly!

## Gi/Nogi Fundamentals Teens/Adults

- Ages 13+
- These are Adult Fundamental Classes that Teens may join
- More technically challenging than the normal kids classes and may not be for all teens
- If in doubt, ask a coach if these are appropriate for your teen.

## Advanced Lil Scrappers

- Advanced Techniques for the Advanced Kids!
- These classes are geared for out Grey Belts to Progress forward in their Journey
- These are strongly encouraged for our Grey Belts
- Who is eligible to attend will be at coaches discretion and may change class to class