

CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	6:00 AM FOUNDATIONS NO GI	5:30 AM COMPETITION CLASS	6:00 AM FOUNDATIONS		9:00 AM YOUTH MIXED (5-12)	9:00 AM NO GI
					10:00 AM FOUNDATIONS	
12:00 PM FOUNDATIONS		12:00 PM FOUNDATIONS		12:00 PM FOUNDATIONS		
3:30 PM MIGHTY MITE	3:30PM LITTLE ROLLERS	3:30 PM MIGHTY MITE		3:30 PM LITTLE ROLLERS	LITTLE ROLLERS 3-4 Years Old MIGHTY MITE 5-7 Years Old PEE-WEES 8-9 Years Old JUNIORS 10-12 Years Old ADULTS/TEENS - FOUNDATIONS ADVANCED- White Belt 3 Stripes +	
4:30 PM 8-12 YEARS BEG/INT	4: 00 PM MIGHTY MITE	4:30 PM 8-12 YEARS BEG/INT	4: 00 PM MIGHTY MITE	4: 00 PM MIGHTY MITE		
5:30 PM 8-12 YEARS INT/ADV	5: 10 PM PEE-WEES/JRS NO-GI	5:30 PM 8-12 YEARS INT/ADV	5: 10 PM PEE-WEES/JRS	5: 10 PM YOUTH COMP CLASS		
6:30 PM FOUNDATIONS	6:10 PM FOUNDATIONS NO GI	6:30 PM FOUNDATIONS	6:10 PM FOUNDATIONS	6:30 PM OPEN MAT		
7:30 PM LIVE TRAINING	7:10 PM ADVANCED NO-GI		7:10 PM ADVANCED NO-GI			