

Leadership Martial Arts - Class Schedule

Red: Main Mat 1
Blue: Mat 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas						
Beginner Little Ninjas White Belt – Hi Yellow	5:30p-6:00p		5:30p-6:00p	5:45p-6:15p		10:00a-10:30a
Advanced Little Ninjas Orange Belt & Above			5:30p-6:00p			10:00a-10:30a Bring Sparring Gear
Youth & Adult Martial Arts						
White Belt & Beginner White Belt – Yellow	6:15p-7:00p		6:15p-7:00p			10:45a-11:30a
Intermediate Hi Yellow – Green		5:30p-6:15p	7:15p-8:00p			10:45a-11:30a
Advanced Hi Green – Purple		5:30p-6:15p		6:15p-7:00p	6:45p-7:30p	
Black Belt Prep & Black Belt Hi Purple – Black	7:15p-8:00p	6:30p-7:15p			6:45p-7:30p	
Black Belt Held the last Friday of the month					7:30p-8:30p	
Brazilian JiuJitsu	7:15p-8:15p Gi/Uniform	6:45a-7:45a No-Gi	7:15p-8:15p Gi/Uniform	6:45a-7:45a Gi/Uniform	5:30p-6:30p Gi or No-Gi	10:30a-11:30a Tech Drill & Roll Gi or No-Gi
		6:30p-7:30p No-Gi		7:00p-8:00p No-Gi		
Youth JiuJitsu	6:15p-7:00p Gi/Uniform		6:15p-7:00p No-Gi		6:30p-7:15p Gi/Uniform	
Fighting Fitness				6:45p-7:30p		9:45a-10:30a
Specialty Classes						
Test Prep & Stripe Held the Friday before testing					7:30p-8:15p	
Leadership Team Held the 1 st Tuesday/Friday of the month		7:30p-8:15p BJJ			7:30p-8:15p Martial Arts	
Open Mat Open when available	8:15p-8:45p	7:30p-8:00p	8:15p-8:45p		7:30p-8:00p	

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