



WEEKLY CLASS SCHEDULE

MONDAY - FRIDAY

RISE ABOVE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 6:50 AM Adult Early Risers Open to all skill levels GI	6:00 - 6:50 AM Adult Early Risers Open to all skill levels GI	6:00 - 6:50 AM Adult Early Risers Open to all skill levels GI	6:00 - 6:50 AM Adult Early Risers Open to all skill levels GI	6:00 - 6:50 AM Adult Early Risers Open to all skill levels GI
11:45 AM - 12:40 PM Adult Midday Intermediate skill level + GI	11:45 AM - 12:40 PM Adult Midday Intermediate skill level + NO-GI	11:45 AM - 12:40 PM Adult Midday Intermediate skill level + GI	11:45 AM - 12:40 PM Adult Midday Intermediate skill level + NO-GI	NO MIDDAY CLASS
4:30 - 5:20 PM Kids Class Ages 5-12 GI	4:30 - 5:20 PM Kids Class Ages 5-12 NO-GI	4:30 - 5:20 PM Kids Class Ages 5-12 GI	4:30 - 5:20 PM Kids Class Ages 5-12 NO-GI	4:30 - 5:20 PM Kids Competition Ages 5-12 - Competition class only COMPETITION
5:30 - 6:20 PM Teen Class Ages 13-16 GI	5:30 - 6:20 PM Teen Class Ages 13-16 NO-GI	5:30 - 6:20 PM Teen Class Ages 13-16 GI	5:30 - 6:20 PM Teen Class Ages 13-16 NO-GI	5:30 - 6:20 PM Teen Class Ages 13-16 GI
6:30 - 7:30 PM Adult Evening GI	6:30 - 7:30 PM Adult Evening NO-GI	6:30 - 7:30 PM Adult Evening GI	6:30 - 7:30 PM Adult Evening NO-GI	6:30 - 7:30 PM Adult Evening GI

FORMAT KEY

GI

NO-GI

COMPETITION

Weekly schedule - Monday through Friday



DAILY CLASS GUIDE

RISE ABOVE.

TIMES, AGES, SKILL LEVELS & WEEKLY FORMAT ROTATION

Class times remain consistent Monday-Friday. Gi / No-Gi format changes by day as shown below.

Adult Early Risers

6:00 - 6:50 AM

Adults - Open to all skill levels

MON / WED

GI

TUE / THU

GI

FRIDAY

GI

Adult Midday

11:45 AM - 12:40 PM

Adults - Intermediate skill level and above

MON / WED

GI

TUE / THU

NO-GI

FRIDAY

NO CLASS

Kids Class

4:30 - 5:20 PM

Ages 5-12

MON / WED

GI

TUE / THU

NO-GI

FRIDAY

COMPETITION ONLY

Teen Class

5:30 - 6:20 PM

Ages 13-16

MON / WED

GI

TUE / THU

NO-GI

FRIDAY

GI

Adult Evening

6:30 - 7:30 PM

Adults

MON / WED

GI

TUE / THU

NO-GI

FRIDAY

GI