



# Five Rings' Live Remote Training



*Effective: Monday, March 23, 2020*

## Mon + Wed

**3 - 4 year olds** (Ninja)

2:50 PM

Zoom Meeting ID: 951-462-052

**5 - 6 year olds** (Samurai)

3:30 PM

Zoom Meeting ID: 459-769-311

**7 - 9 year olds** (Dragon)

4:10 PM

Zoom Meeting ID: 721-146-379

**10 - 12 year olds** (Warrior) &

**13 + year olds** (Shinsengumi)

5:10 PM

Zoom Meeting ID: 165-338-292

**Adult Fitness & Flow**

6:10 PM

Zoom Meeting ID: 595-919-409

## Tue + Thu

**Adult -Solo**

5:30 PM

Zoom Meeting ID: 365-211-404

**Adult - Partner**

6:30 PM

Zoom Meeting ID: 905-717-945

## Friday

**Adult Fitness & Flow**

5:30 AM

Zoom Meeting ID: 859-144-667

**Youth Jr. Black Belt Club**

5:00 PM

Zoom Meeting ID: 347-902-781

**Adult Open Mat**

6:00 PM

Zoom Meeting ID: 432-523-698

Five Rings' LIVE Classes will be hosted using Zoom. You can login using a smartphone, computer or smart tv. Clear a workout area and be safe. Ask our staff if you have any questions (fiveringsjiujitsu@gmail.com or 503.327.8265).



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## Saturday

**Youth Little's** (ages 3 - 6)

9:00 AM

Zoom Meeting ID: 518-021-630

**Adult Solo**

10:40 AM

Zoom Meeting ID: 523-055-387

**Youth Big's** (ages 7 - 16)

9:40 AM

Zoom Meeting ID: 174-096-214

**Adult Partner**

11:50 AM

Zoom Meeting ID: 973-355-147

## Sunday

**Adult Open Mat**

8:00 AM

Zoom Meeting ID: 906-917-563

**A Firma**

9:30 AM

Zoom Meeting ID: 457-075-357

**Adult Fitness & Flow**

11:00 AM

Zoom Meeting ID: 348-969-302

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