

Degerberg Academy Class Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
B I l u e	4:30-5:15	10:00-11:00	4:30-5:15	10:00-11:00	4:45-5:30	10:15-11:15
	Jr 1-2	Blend 1-5 Z*	Jr 1-2	Blend 1-5 Z*	Jr 1-2 Z*	Jr 3-4
	5:30-6:30	11:15-12:15	5:30-6:30	11:15-12:15	6:00-7:00	11:30-12:15
	Jr 4	BJJ Drills Z*	Jr 4 Z*	Jun Fan/Kali Z*	Jr 3-4 Z*	Jr 1-2 Z*
	7:00-8:00	6:00-6:45	6:45-7:45	6:00-6:45	7:15-8:15	12:30-1:00
M a t s	Blend 1-5 Z*	Jr 1-2 Z*	Cardio Fitness	Jr 1-2 Z*	Blend 1-5	Ninja Turtles 1-2 Z*
		7:00-8:00		7:00-8:00		
B i a c k	4:45-5:15	5:00-5:30	4:45-5:15	5:00-5:30	4:45-5:15	12:00-1:00
	Ninja Turtles 1-2 Z*	Ninja Turtles 1	Ninja Turtles 1-2 Z*	Ninja Turtles 1	Ninja Turtles 1-2	Kali
	5:30-6:15	5:45-6:15	5:30-6:15	5:45-6:15	7:00-8:00	
	Jr 3 Z*	Ninja Turtles 2	Jr 3	Ninja Turtles 2	Jun Fan/ Kali	
				7:30-8:30		
M a t s				Blend 1-5 Z*		
	6:45-7:45	4:30-5:30	7:00-8:00	4:30-5:30	7:00-8:00	10:00-11:00
	Thai Boxing	Jr 3-4 Z*	Blend 1-5 Z*	Jr 3-4 Z*	Thai Boxing Z*	Blend 1-5 Z*
R e d	8:00-9:00	7:30-8:30	8:15-9:15	7:30-8:30		11:15-12:15
	Cardio Fitness	Boxing Z*	Savate Z*	Thai Boxing		BJJ Drills

Note: To receive Blend credit, you must participate in classes designated for your rank level.

Z Are classes that will be on Zoom.*

Please be prompt to class and let us know if you can not make it to a class.

Space is limited to 10 people a class.



4717 N. Lincoln Ave. Chicago, IL
60625 (773) 728-5300
www.degerbergacademy.com

Business Hours

Monday-Friday: 4:15 PM – 8:30 PM

Saturday: 10:00 AM – 1:00 PM