



# HERO Class Schedule Effective 1-4-2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm	<b>Little HERO</b> (Live Class)	<b>Little HERO</b> (Live Class)	<b>Little HERO</b> (Live Class)	<b>Little HERO</b> (Live Class)		Reserved for: Special Events
5:00pm	<b>Kids Class</b> (Ages 7-12)	<b>Kids Class</b> (Ages 7-12)	<b>Kids Class</b> (Ages 7-12)	<b>Kids Class</b> (Ages 7-12)	<b>Sparring Class</b> (All Ages)	
5:45pm	<b>All Ages Class</b> (Ages 7+) & Zoom Class	<b>Leadership</b> & Zoom Class	<b>All Ages Class</b> (Ages 7+) & Zoom Class	<b>Leadership</b> & Zoom Class	<b>FIT &amp; HIT</b> 5:30pm	
6:15pm		<b>All Ages Class</b> (Ages 7+)		<b>All Ages Class</b> (Ages 7+)		
6:30pm	<b>Leadership &amp; Starter Class</b>		<b>Leadership &amp; Starter Class</b> & Zoom Leadership			
7:00pm	<b>Teen &amp; Adult</b> (Ages 13+) & Brazilian Jui-Jitsu Club	<b>Teen &amp; Adult</b> (Ages 13+)	<b>Teen &amp; Adult</b> (Ages 13+) & Brazilian Jui-Jitsu Club	<b>Teen &amp; Adult</b> (Ages 13+)		

**Virtual Zoom Classes**  
Monday - Thursday @ 5:45pm

**Virtual Leadership 6:30pm (Wednesdays Only)**