



## Adult Class Schedule

Effective: Tuesday, September 7, 2021



Schedule						
M	Tu	W	Th	F	Sa	Su
<b>Mov't &amp; Fit</b> 6:15 - 6:55		<b>Mov't &amp; Fit</b> 6:15 - 6:55		<b>Mov't &amp; Fit</b> 6:15 - 6:55	<b>Fundamentals</b> 10:40 - 11:30	<b>Open Mat</b> 9:00 - 10:30
<b>All Levels Jits</b> 7:00 - 7:50	<b>A Firma</b> 7:00 - 7:50	<b>All Levels Jits</b> 7:00 - 7:50		<b>All Levels Jits</b> 7:00 - 7:50	<b>Open Mat</b> 11:30 - 12:30	
<b>No-Gi</b> 6:00 - 6:50 pm	<b>Fundamentals</b> 6:00 - 6:50	<b>No-Gi</b> 6:00 - 6:50 pm	<b>Fundamentals</b> 6:00 - 6:50			
<b>Fundamentals</b> 7:00 - 7:50	<b>Interm. / Adv.</b> 6:00 - 6:50 pm	<b>Fundamentals</b> 7:00 - 7:50	<b>Interm. / Adv.</b> 6:00 - 6:50 pm	<b>Open Mat</b> 5:00 - 7:00	<b>Reserved Drill Time</b> Friday - 9 am - 5 pm Saturday - 1 - 6 pm Sunday - 10 am - 6 pm	
<b>Open Mat</b> 7:00 - 8:00	<b>Open Mat</b> 7:00 - 8:00	<b>A Firma</b> 7:00 - 7:50	<b>Open Mat</b> 7:00 - 8:00			
		<b>Open Mat</b> 7:00 - 8:00			<b>Yoga</b> Varied Days & Times Connect with Coach Kristy to find monthly availability	