



HERO Class Schedule Effective 9-17-2021

Time	A - Days (Core Curriculum)		B - Days (Drills & Theme)		C - Days (Specialty - Leadership Only)	
	Full Uniform & Gear		HERO T-Shirt & Gear		Uniform or T-Shirt	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45pm	Private Lessons Appointment Only	Private Lessons Appointment Only	Private Lessons Appointment Only	Private Lessons Appointment Only		Private Lessons 8:15-8:45 Appointment Only
4:30pm	Little HERO (Ages 4-6)	Little HERO (Ages 4-6)	Little HERO (ages 4-6)	Little HERO (ages 4-6)	Private Lessons 4:15-4:45 Appointment Only	Sparring 9:00-9:30am (Leadership & Masters Only)
5:00pm	Beginner Class White-Orange (Ages 7-12)	Iter/Adv Class Green + (Ages 7-12)	Basic Program All Ranks (Ages 7-12)	Leadership Class All Ranks (Leadership Only)	Sparring 5:00-5:30 (Leadership & Masters Only)	Forms 9:30-10:00am (Leadership & Masters Only)
5:40pm	Iter/Adv Class Green + (Ages 7-12)	Beginner Class White-Orange (Ages 7-12)	Master Class All Ranks (Master Program Only)	Master Class All Ranks (Master Program Only)	Forms 5:30-6:00 (Leadership & Masters Only)	Grappling 10:00-10:30am (Leadership & Masters Only)
6:20pm	Beginner Class White-Orange (Ages 7-12)	Iter/Adv Class Green + (Ages 7-12)	Leadership Class All Ranks (Leadership Only)	Basic Program All Ranks (Ages 7-12)	Grappling 6:00-6:30 (Leadership & Masters Only)	Basic Program 10:30-11:10am (Ages 7-12)
7:00pm	Adult/Teen & Brazilian Jui-Jitsu (Ages 13+)	Adult/Teen & Brazilian Jui-Jitsu (Ages 13+)	Master Class All Ranks (Master Program Only) & Brazilian Jui-Jitsu	Leadership Class All Ranks (Leadership Only)	Basic Program 6:30-7:10 (Ages 7-12)	SPECIAL EVENTS
7:40pm	Private Lessons 8pm-8:30pm Appointment Only	Private Lessons 8pm-8:30pm Appointment Only	Adult/Teen All Ranks (Ages 13+)	Adult/Teen All Ranks (Ages 13+)	Private Lessons Appointment Only	

FIT & HIT Classes - 2-3 hour classes scheduled around every belt test

Special Events - Fridays 7pm or Saturdays after 11am