



Adult Class Schedule

Effective: Monday, January 3, 2022



Schedule						
M	Tu	W	Th	F	Sa	Su
Mov't & Fit 6:15 - 6:55		Mov't & Fit 6:15 - 6:55		Mov't & Fit 6:15 - 6:55	Fundamentals 10:40 - 11:30	Open Mat 9:00 - 10:30
All Levels Jits 7:00 - 7:50	A Firma 7:00 - 7:50	All Levels Jits 7:00 - 7:50		All Levels Jits 7:00 - 7:50	No-Gi 10:40 - 11:30	
No-Gi 6:00 - 6:50 pm	Fundamentals 6:00 - 6:50	No-Gi 6:00 - 6:50 pm	Fundamentals 6:00 - 6:50		Open Mat 11:30 - 12:30	
Fundamentals 7:00 - 7:50	Interm. / Adv. 6:00 - 6:50 pm	Fundamentals 7:00 - 7:50	Interm. / Adv. 6:00 - 6:50 pm			
Open Mat 7:00 - 8:00	Open Mat 7:00 - 8:00	A Firma 7:00 - 7:50	Open Mat 7:00 - 8:00			
		Open Mat 7:00 - 8:00				