



## Adult Class Schedule

Effective: Monday, June 6, 2022



### 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>No-Gi</b> 10:40 - 11:30	
	<b>All Levels Jits</b> 12:00 - 1:00		<b>All Levels Jits</b> 12:00 - 1:00		<b>Open Mat</b> 11:45 - 1:00	
<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> 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				