



# 2022 CLASS SCHEDULE

SCHEDULE SUBJECT TO CHANGES

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

7am. - 7:30am.

7:30am. - 8am.

8am. - 8:30am.

8:30am. - 9am.

9am. - 9:30am.

9:30am. - 10am.

10am. - 10:30am.

10:30am. - 11am.

11am. - 11:30am.

11:30am. - 12pm.

12pm. - 12:30pm.

12:30pm. - 1pm.

1pm. - 1:30pm.

**GBI & GB2**

7am. - 8am.

**NO GI**

7am. - 8am.

**GBI & GB2**

7am. - 8am.

**Live Training**

8am. - 8:30am

**Live Training**

8am. - 8:30am

**Live Training**

8am. - 8:30am

**GBK LCI**

9am. - 9:50am.

**GBK LC2**

10am. - 10:50am.

**GBI & GB2**

11am. - 12pm.

**GBI & GB2**

12pm. - 1pm.

**NO GI**

12pm. - 1pm.

**GBI & GB2**

12pm. - 1pm.

**GBI & GB2**

12pm. - 1pm.

**COMPETITION TRAINING GI**

12pm. - 1:30pm.

**Live Training**

1pm. - 1:30pm.

**Live Training**

1pm. - 1:30pm.

**Live Training**

1pm. - 1:30pm.

**Live Training**

1pm. - 1:30pm.

4pm. - 4:30pm.

4:30pm. - 5pm.

5pm. - 5:30pm.

5:30pm. - 6pm.

6pm. - 6:30pm.

6:30pm. - 7pm.

7pm. - 7:30pm.

7:30pm. - 8pm.

8pm. - 8:30pm.

8:30pm. - 9pm.

**GBK LCI GROUP A**

4:20pm. - 5:10pm.

**GBK LCI GROUP B**

4:20pm. - 5:10pm.

**GBK LCI GROUP A**

4:20pm. - 5:10pm.

**GBK LCI GROUP B**

4:20pm. - 5:10pm.

**JUNIORS/TEENS**

5:20pm. - 6:10pm.

**GBK LC2**

5:20pm. - 6:10pm.

**JUNIORS/TEENS**

5:20pm. - 6:10pm.

**GBK LC2**

5:20pm. - 6:10pm.

**JUNIORS/TEENS**

5:20pm. - 6:10pm.

**GBI & GB2**

6:30pm. - 7:30pm.

**NO GI**

6:30pm. - 7:30pm.

**GBI & GB2**

6:30pm. - 7:30pm.

**NO GI**

6:30pm. - 7:30pm.

**GBI & GB2**

6:30pm. - 7:30pm.

**Live Training**

7:30pm. - 8pm.

**Live Training**

7:30pm. - 8pm.

**Live Training**

7:30pm. - 8pm.

**Live Training**

7:30pm. - 8pm.

**Live Training**

7:30pm. - 8pm.

**GBK LCI**  
Kids 4 to 7 years old

**GBI**  
Adults any belt

**NO GI CLASS**  
Adults all levels

**GBK LC2**  
Kids 8 to 12 years old

**JUNIORS/TEENS**  
Kids 12 to 15 years old

**GB2**  
Adults white belt 3 stripes and up

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