



Adult Class Schedule

Effective: Monday, April 17, 2023



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	Comp. Team 7:00 - 8:30	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	Fundamentals 10:30 - 11:30	
	All Levels Jits 12:00 - 1:00		All Levels Jits 12:00 - 1:00			
No-Gi 6:00 - 7:30 pm	Fundamentals 6:00 - 7:15	No-Gi 6:00 - 7:30 pm	Fundamentals 6:00 - 7:15			
Fundamentals 7:00 - 7:50	Interm. / Adv. 6:00 - 7:15 pm	Fundamentals 7:00 - 7:50	Interm. / Adv. 6:00 - 7:15 pm			
	Drill & Rounds 7:15 - 8:00	A Firma 7:00 - 7:50	Drill & Rounds 7:15 - 8:00			