

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						KIDS GI
10AM						JUNIORS GI
11AM						TEENS GI
12PM						ADULTS GI

4PM	KIDS GI	KIDS GI	KIDS NO GI	KIDS GI	KIDS NO GI
5PM	JUNIORS GI	JUNIORS GI	JUNIORS NO GI	JUNIORS GI	JUNIORS NO GI
6PM	TEENS GI	TEENS GI	TEENS NO GI	TEENS GI	TEENS NO GI
7PM	ADULTS GI	ADULTS GI	ADULTS NO GI	ADULTS GI	ADULTS NO GI
8PM	LIVE TRAINING	LIVE TRAINING	LIVE TRAINING	LIVE TRAINING	

KIDS JJ	4 TO 6 YO	ALL LEVELS
JUNIORS JJ	7 TO 10 YO	ALL LEVELS
TEENS JJ	11 TO 15 YO	ALL LEVELS
ADULTS JJ	16 YO & OVER	ALL LEVELS
LIVE TRAINING	17 YO & OVER	GI OR NO GI SPARRING

