



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING CLASSES

					ALL AGE KIDS 10:00-11:00	OPEN MAT 11:00-12:00
	FUNDAMENTALS 11:00-12:00	ADVANCED 11:00-12:00	FUNDAMENTALS 11:00-12:00	SPARRING 11:00-12:00	ALL LEVELS 11:00-12:00	ALTERNATES WITH COOL SPRINGS

EVENING CLASSES

LITTLE CHAMPS 1 5:00-6:00	LITTLE CHAMPS 2 5:00-6:00	LITTLE CHAMPS 1 5:00-6:00	LITTLE CHAMPS 2 5:00-6:00	STUDY HALL DRILLS 5:00-6:00		
ADVANCED 6:00-7:00	FUNDAMENTALS 6:00-7:00	ADVANCED 6:00-7:00	FUNDAMENTALS 6:00-7:00	LIVE TRAINING 6-6:30		
FUNDAMENTALS 7:00-8:00	NO-GI ADVANCED 7:00-8:00	NO-GI FUNDAMENTALS 7:00-8:00	COMPETITION CLASS 7:00-8:00			

FUNDAMENTALS: ADULTS, ALL BELT LEVELS

NO-GI: ADULTS, ALL BELT LEVELS

ADVANCED: ADULTS, 3 STRIPE WHITE BELT AND UP

BLACK BELT: ADULTS, BLUE BELT AND UP

LITTLE CHAMPS 1: KIDS, AGE 3-7 YEARS OLD

LITTLE CHAMPS 2: KIDS, AGE 8-13 YEARS OLD