



ADULT CLASSES

DAY	TIME	CLASS
MONDAY	9:00 - 10:00 am 18:00 - 19:00 pm 19:00 - 19:30 pm	No Gi (Intermediate / advanced) Catch Wrestling (intermediate/advanced) Open Mat (No Gi)
TUESDAY	9:00 - 10:00 am 18:00 - 18:55 pm 19:00 - 20:00 pm	Fundamentals (Beginner Gi Class) Fundamentals (Beginner Gi Class) Open Mat (Gi / No Gi)
WEDNESDAY	9:00 - 10:00 am 18:00 - 19:00 pm 19:00 - 19:30 pm	Gi (Intermediate / advanced) Gi (Intermediate / advanced) Open Mat (Gi)
THURSDAY	9:00 - 10:00 am 18:00 - 18:55 pm 19:00 - 20:15 pm	Fundamentals (Beginner Gi Class) Fundamentals (Beginner Gi Class) No Gi (intermediate / advanced)
FRIDAY	9:00 - 10:00 am 18:00 - 19:30 pm	Catch Wrestling (intermediate/advanced) Elite Squad training (advanced blue belt+)
SATURDAY	11:45 am - 13:00 pm	No Gi (All Levels)