



GB HASTINGS CLASSES

MON

TUE

WED

THU

FRI

SAT

SUN

9 - 10 AM
GB2
ALL LEVELS
ADULTS (NOGI)

4:45 PM
GBK
BEGINNERS

5:30 PM
GBK
NOGI JIU JITSU
JUNIORS & TEENS

6:30 - 7:45 PM
GB2
NOGI JIU JITSU
& WRESTLING

9 - 10 AM
GB1
FUNDAMENTALS
ADULTS (GI)

5 PM
GBK
LITTLE
CHAMPIONS

6 PM
GB1
FUNDAMENTALS
ADULTS (GI)

7 - 8:00 PM
GB2
ALL LEVELS
ADULTS (GI)

9 - 10 AM
GB2
ALL LEVELS
ADULTS (GI)

4:15PM
GBK
TINY CHAMPIONS

5 PM
GBK
JUNIORS

6 - 7:00 PM
GB1
FUNDAMENTALS
ADULTS NOGI

7 - 8:00 PM
GB2
COMPETITION CLASS

9 - 10 AM
GB1
FUNDAMENTALS
ADULTS (GI)

5 PM
GBK
TEENS

6 PM
GB1
FUNDAMENTALS
ADULTS (GI)

7 - 8:15 PM
GB2
NOGI JIU JITSU
& WRESTLING

9 - 10 AM
GB2
NOGI JIU JITSU
& WRESTLING

5 PM
GBK
COMPETITION CLASS

6 - 7 PM
GB1
OPEN MAT
ADULTS

9:00 AM
GBK
TINY CHAMPIONS

9:30 AM
GBK
LITTLE
CHAMPIONS

10:15 AM
GBK
JUNIORS

11 AM
GBK
TEENS

11:45 - 12:45 PM
GB1
ALL LEVELS
ADULT (NOGI)

12:45 - 13:15 PM
GB1
OPEN MAT
ADULTS

GBK
TINY CHAMPIONS age 3 & 4
LITTLE CHAMPIONS age 5 - 7
JUNIORS age 8 - 10
TEENS age 11 - 13
BEGINNERS age 5 - 10