

## KIDS SCHEDULE OF CLASSES

### **MONDAY:**

5:00pm- 5:30pm Lil Grapplers (4 to 6yrs old)  
5:30pm- Champions (7 to 10yrs old)  
6:30pm- Black Belt Club (11 to 14yrs old)

### **TUESDAY:**

5:00pm- Lil Grapplers (4 to 6yrs old)  
5:30pm- Champions (7 to 10yrs old)  
6:30pm- Black Belt Club (11 to 14yrs old)

### **WEDNESDAY:**

5:00pm- Lil Grapplers (4 to 6yrs old)  
5:30pm- Champions (7 to 10yrs old)  
6:30pm- Black Belt Club (11 to 14yrs old)

### **THURSDAY:**

5:00pm- Lil Grapplers (4 to 6yrs old)  
5:30pm- Champions (7 to 10yrs old)  
6:30pm- Black Belt Club (11 to 14yrs old)

### **SATURDAY:**

10:00am- Belt Test Prep (Champs and Black Belt Club Only)

### **SUNDAY:**

12:00pm to 2:00pm- Kids Competition Practice (additional fee involved)

## **Understanding the Schedule:**

**Lil' Grapplers:** Classes specifically designed for kids ages 4 through 6 years old. (30 mins)

**Champions:** Kids ages 7 to 10 train together in this class through yellow/black belt. (50 mins)

**Black Belt Club:** Kids ages 11 to 14 **AND** kids who have attained the rank of Purple Belt. (50min)

**UNIFORM REMINDERS:** Kids under the rank of yellow belt are allowed to wear only white, blue, or gray gis. After yellow belt, they may also wear a black gi. **NO OTHER GI COLORS ARE TO BE WORN.**

## Adult Schedule of Classes

### AM Classes

7:00am- Fundamentals  
10:00am- Fundamentals  
11:00am- Open Mat

### AM Classes

6:00am- Fundamentals (NO GI)  
10:00am- Fundamentals (NO GI)  
11:00am- Open Rank (NO GI)  
12:00pm- Open mat

### AM Classes

7:00am- Open Ranks  
10:00am- Open Ranks  
11:00am- Open Mat

### AM Classes

6:00am- Open Ranks  
10:00am- Open Ranks  
11:00am- Leg Locks (NO GI)  
12:00pm- Open Mat

### AM Classes

10:00am- Open Ranks  
11:00am- Open Mat

### Saturday

11:30am- Open Ranks (NO GI)  
12:30pm- Open Mat (NO GI)

### MONDAY

#### PM Classes

5:30pm- Fast-paced Fundamentals  
6:30pm- Fundamentals  
7:30pm- Competition Class (Gi and No Gi)  
7:30pm- Open Rank  
8:30pm- Open Mat

### TUESDAY

#### PM Classes

6:30pm- Open Rank (NO GI)  
7:30pm- Fundamentals (NO GI)  
8:30pm- Open Mat (NO GI)

### WEDNESDAY

#### PM Classes

5:30pm- Fast-paced Fundamentals  
6:30pm- Open Ranks  
7:30pm- Leg Locks (NO GI)  
7:30pm- Open mat (Mat 1)

### THURSDAY

#### PM Classes

6:30pm- Fundamentals  
7:30pm- Open Ranks  
8:30pm- Open Mat

### FRIDAY

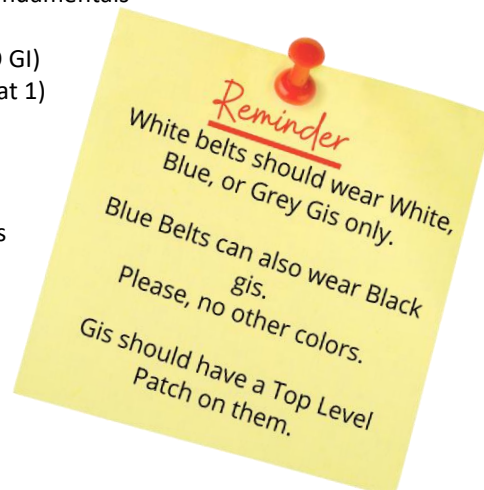
#### PM Classes

5:30pm- Fundamentals  
6:30pm- Competition Class (GI and NO GI)

### WEEKEND CLASSES

#### Sunday

11:30pm – 1:30pm Open Mat (GI or NO GI)



### UNDERSTANDING THE SCHEDULE

**Fundamentals:** Basics classes for all ranks

**Open Ranks:** Advanced concepts for all ranks

**Open Mat:** Open time to train whatever you want. This time is non-instructional

**Competition Class:** Must be a 2 stripe white and above and be able to regularly commit to training with comp class at least 1x per week. 2hr high intensity classes. Competing is not required.