

CLASS SCHEDULE



CHECKMAT

LEGEND

Kids Classes:

Kids 1: Ages 5-6

Kids 2: Ages 7-9

Kids 3: Ages 10-13

Juvenile: Ages 14-17

Beginners:

White Belt 0-2 stripes

Adult beginners do not qualify for Intermediate classes until they receive 2 stripes. Sparring will not take place in the beginners classes.

Intermediate:

White Belt 2 stripes and up

Adult Intermediate classes will have situational sparring. These students are able to attend the beginners classes.

SCHOOL ETIQUETTE

Black/White gis only

No-Gi: Black or white rash guard and shorts/spats

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 AM	Adults Gi <i>(All levels)</i>		Adults Gi <i>(All levels)</i>		Adults Gi <i>(All levels)</i>
10:30 AM	Adults Gi <i>(Beginners)</i>	Adults No-Gi <i>(Intermediate)</i>	Adults Gi <i>(Intermediate)</i>	Adults No-Gi <i>(Intermediate)</i>	Adults Gi Competition
4:00 PM	Kids 2 Gi <i>(All levels)</i>	Kids 1 & 2 Gi <i>(All levels)</i>	Kids 1 & 2 Gi <i>(All levels)</i>	Kids 1 & 2 Gi <i>(All levels)</i>	Kids Gi Studying BJJ <i>(Kids 2 and up)</i>
	Woman's Only Class Gi <i>(Beginners)</i>		Woman's Only Class Gi <i>(Beginners)</i>		
5:00 PM	Kids 3 & Juvenile GI <i>(All levels)</i>	Kids 3 & Juvenile Gi <i>(All levels)</i>	Kids 3 & Juvenile Gi <i>(All levels)</i>	Kids 3 & Juvenile Gi <i>(All levels)</i>	
6:00 PM	Adults Gi <i>(Beginners)</i>	Adults Gi <i>(Intermediate)</i>	Adults Gi <i>(Beginners)</i>	Adults Gi <i>(Intermediate)</i>	