

MORNING CLASSES

	ALL LEVELS 6:30-7:30 am LIVE TRAINING 7:30-8:00 am		ALL LEVELS 6:30-7:30 am LIVE TRAINING 7:30-8:00 am			
					LITTLE CHAMPS 1 (Group B) (5-6 yrs old) 9:00-10:00 am LITTLE CHAMPS 2 (Group B) (7-10 yrs old) 9:00-10:00 am JUNIORS / TEENS (Group B) (10-15 yrs old) 10:00-11:00 am FUNDAMENTALS 10:00-11:00 am BLACK BELT PROGRAM (COMPETITION) 11:00-12:00 pm LIVE TRAINING 12:00-1:00 pm	ALL LEVELS 9:00-10:00 am LIVE TRAINING 10:00-10:30 am
ALL LEVELS 12:00-1:00 pm LIVE TRAINING 1:00-1:30 pm	ALL LEVELS 12:00-1:00 pm LIVE TRAINING 1:00-1:30 pm	ALL LEVELS 12:00-1:00 pm LIVE TRAINING 1:00-1:30 pm	ALL LEVELS 12:00-1:00 pm LIVE TRAINING 1:00-1:30 pm	ALL LEVELS 12:00-1:00 pm LIVE TRAINING 1:00-1:30 pm		

EVENING CLASSES

TINY CHAMPS (3-4 yrs old) 3:30-4:00 pm LITTLE CHAMPS 1 (Group A) (5-6 yrs old) 4:00-5:00 pm LITTLE CHAMPS 2 (Group A) (7-9 yrs old) 4:00-5:00 pm JUNIORS / TEENS (Group A) (10-12 yrs old) 5:00-6:00pm ADVANCED KIDS (7 yrs old and Up) Grey Belts and Up 5:00-6:00pm WOMENS 6:00-7:00 pm ADVANCED 6:00-7:00 pm LIVE TRAINING 7:00-8:00 pm FUNDAMENTALS 7:00-8:00 pm	LITTLE CHAMPS 1 (Group B) (5-6 yrs old) 4:00-5:00 pm LITTLE CHAMPS 2 (Group B) (7-9 yrs old) 4:00-5:00 pm JUNIORS / TEENS (Group B) (10-15 yrs old) 5:00-6:00pm FUNDAMENTALS 6:00-7:00 pm ADVANCED 7:00-8:00 pm LIVE TRAINING 8:00-9:00 pm	TINY CHAMPS (3-4 yrs old) 3:30-4:00 pm LITTLE CHAMPS 1 (Group A) (5-6 yrs old) 4:00-5:00 pm LITTLE CHAMPS 2 (Group A) (7-9 yrs old) 4:00-5:00 pm JUNIORS / TEENS (Group A) (10-15 yrs old) 5:00-6:00pm ADVANCED KIDS (7 yrs old and Up) Grey Belts and Up 5:00-6:00pm WOMENS 6:00-7:00 pm NO-GI 7:00-7:00 pm NO-GI LIVE TRAINING 7:00-8:00 pm ALL LEVELS 7:00-8:00 pm	LITTLE CHAMPS 1 (Group B) (5-6 yrs old) 4:00-5:00 pm LITTLE CHAMPS 2 (Group B) (7-9 yrs old) 4:00-5:00 pm JUNIORS / TEENS (Group B) (10-15 yrs old) 5:00-6:00pm FUNDAMENTALS 6:00-7:00 pm ADVANCED 7:00-8:00 pm LIVE TRAINING 8:00-9:00 pm	TINY CHAMPS (3-4 yrs old) 3:30-4:00 pm LITTLE CHAMPS 1 (Group A) (5-6 yrs old) 4:00-5:00 pm Kids All Levels (7 yrs old and Up) 5:00-6:00 pm COMPETITION KIDS (7 yrs old and Up) Grey Belts and Up 5:00-6:00 pm WOMENS 6:00-7:00 pm ALL LEVELS 6:00-7:00 pm LIVE TRAINING 7:00-7:30 pm		
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