

FALL SCHEDULE



Our Programs:

- GB1 - Fundamentals & All Levels Classes: Adults any Belt.
- GB2 - Advanced Classes: *Adults White Belt 3 Stripes and Up.
- LC1 - Little Champions I: Kids 3 years old to 6 years old.
- LC2 - Little Champions II: Kids 7 years old to 9 years old.
- Juniors: Kids 10 years old to 15 years old.
- Parents & Kids: all ages - fun and dynamic class.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		GB 1 7am to 8am		GB 1 7am to 8am		
		30 mins Live Training		30 mins Live Training		
						Parents & Kids 9am to 10am
						All Levels 10am to 11am
	All Levels 12pm to 1pm		All Levels 12pm to 1pm		All Levels 12pm to 1pm	Open Mat 11am to 12pm
	30 mins Live Training		30 mins Live Training		30 mins Live Training	
	GBK - LC2 4pm to 4:50pm	GBK - LC1 4pm to 4:50pm	GBK - LC2 4pm to 4:50pm	GBK - LC1 4pm to 4:50pm		
	GBK - LC1 5pm to 5:50pm	GBK - LC2 5pm to 5:50pm	GBK - LC1 5pm to 5:50pm	GBK - LC2 5pm to 5:50pm		
	Women's BJJ Class 6pm to 7pm	GBK - Juniors 6pm to 7pm	Women's BJJ Class 6pm to 7pm	GBK - Juniors 6pm to 7pm		
	GB 1 6pm to 7pm		GB 1 6pm to 7pm			
	30 mins Live Training	All Levels 7pm to 8pm	GB2- No-Gi Advanced 7pm to 8pm	All Levels 7pm to 8pm		
		30 mins Live Training	30 mins Live Training	30 mins Live Training		