

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
MAT A	MAT B	MAT A	MAT B	MAT A	MAT B	MAT A	MAT B	MAT A	MAT B	
		7:00 am Int/Adv				7:00 am Int/Adv <i>NO GI</i>				
11:00 am Int/Adv	11:00 am Challenge			11:00 am Int/Adv	11:00 am Challenge			11:00 am Int/Adv	11:00 am Challenge	10:00 am - 12:00 pm Open Mat <i>White Belt 3 Stripes & Above Only</i>
		4:00 pm Tiny Champs				4:00 pm Mini Champs				
4:30 pm Lil Champs "B"		5:00 pm Lil Champs "A"		4:30 pm Lil Champs "B"		5:00 pm Lil Champs "A"				
5:30 pm Jr Champs				5:30 pm Jr Champs						
6:30 pm Int/Adv	6:30 pm Challenge	6:00 pm Int/Adv	6:00 pm Challenge	6:30 pm Int/Adv	6:30 pm Challenge	6:00 pm Int/Adv	6:00 pm Challenge	6:00 pm Int/Adv	6:00 pm Challenge	
		7:00 pm <i>No Gi</i>				7:00 pm Int/Adv <i>NO GI</i>				

Adults:

Challenge - Beginner White Belts 0 Stripes

Intermediate - White Belts 1 and 2 Stripes *(Specific Training Only)*

Advanced - White Belts 3+ Stripes and All Colored Belts *(Regular Training)*

Black Belt Program - Purple, Brown, & Black Belts Only

Kids:

Mini Champs - Ages 3.5 to 4. 30 minutes.

Tiny Champs - Ages 5 to 6. 45 minutes.

Little Champs - Ages 7 to 10. 50 minutes.

Junior Champs + Teens - Ages 11 to 15. 55 mins.

