CLASS SCHEDULE

MON

MAT 1

9:30 AM
PROFESSOR TOM
COMPETITION CLASS

11:00 AM
GB 1
ALL LEVELS

12:00 PM
GB 2
SPARRING

3:00 PM
PROFESSOR TOM
COMPETITION CLASS

5:00 PM
GB K
LC 1

6:00 PM
GB K
JUNIORS

7:00 PM
GB 1
FUNDAMENTALS

8:00 PM
GB 2
ADULTS

MAT 2

5:00 PM
GB K
LC 2

TUE

MAT 1

6:00 AM
GB 1
ALL LEVELS

5:00 PM
GB K
LC 1

6:00 PM
GB K
JUNIORS

7:00 PM
GB 1
FUNDAMENTALS

8:00 PM
GB 1
NO GI

MAT 2

5:00 PM
GB K
LC 2

WED

MAT 1

9:30 AM
PROFESSOR TOM
COMPETITION CLASS

11:00 AM
GB 1
ALL LEVELS

12:00 PM
GB 2
SPARRING

3:00 PM
PROFESSOR TOM
COMPETITION CLASS

5:00 PM
GB K
LC 1

6:00 PM
GB K
JUNIORS

7:00 PM
GB 1
FUNDAMENTALS

8:00 PM
GB 2
ADULTS

MAT 2

5:00 PM
GB K
LC 2

THU

MAT 1

6:00 AM
GB 1
ALL LEVELS

5:00 PM
GB K
LC 1

6:00 PM
GB K
JUNIORS

7:00 PM
GB 1
NO GI

8:00 PM
GB 2
NO GI

MAT 2

5:00 PM
GB K
LC 2

8:00 PM
GB 1
FUNDAMENTALS

FRI

MAT 1

9:30 AM
PROFESSOR TOM
COMPETITION CLASS

3:00 PM
PROFESSOR TOM
COMPETITION CLASS

5:00 PM
GB K
LC 1

6:00 PM
LC2 + JUNIORS
COMPETITION CLASS

7:00 PM
GB 1
OPEN MAT

MAT 2

6:00 PM
GB F
WOMENS ONLY

SAT

MAT 1

9:00 AM
BARRA FIT
COMING SOON

10:00 AM
GB K
LC 1

11:00 AM
GB K
JUNIORS

12:00 PM
GB 1
ALL LEVELS

1:00 PM
GB 1
OPEN MAT

MAT 2

10:00 AM
GB K
LC 2

SUN

MAT 1

10:00 AM
GB K
LC 1

11:00 AM
GB K
JUNIORS

12:00 PM
PROFESSOR TOM
COMPETITION CLASS

MAT 2

10:00 AM
GB K
LC 2

12:00 PM
GB 1
OPEN MAT

GB K

LC 1 (Little Champions 1) 3-6 Years Old

LC 2 (Little Champions 2) 7-9 Years Old

Juniors and Teens 10-14 years old

GB 1

Adults Beginner and All Levels

GB 2

Adults - White Belt 3 Stripes and Up