



SCHEDULE

Effective May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior Gi Ages 5-8 4:30-5:15pm		Junior Gi Ages 5-8 4:30-5:15pm	Junior Drills & Skills All Ages 4:45-5:30pm	Junior Gi Ages 5-8 4:30-5:15pm	Junior Basic All Ages 10:15-11:00am
Junior Gi Ages 9-13 5:15-6:00pm	Junior Gi Ages 9-13 5:15-6:00pm	Junior Gi Ages 9-13 5:15-6:00pm	Junior Gi Randori All Ages 5:30-6:00pm	Junior Gi Ages 9-13 5:15-6:00pm	Gi BJJ 11:15-12:15pm
Cardio Kickboxing 6:15-7:00pm	Gi BJJ 6:15-7:15pm	Cardio Kickboxing 6:15-7:00pm	Cardio Kickboxing 6:15-7:00pm	Gi BJJ 6:15-7:15pm	Randori 12:15-12:45pm
No Gi BJJ 7:00-8:00pm	Gi Randori 7:15-7:45pm	No Gi BJJ 7:00-8:00pm	Gi BJJ 7:00-8:00pm	Gi Randori 7:15-7:45pm	
No Gi Randori 8:00-8:30m		No Gi Randori 8:00-8:30pm			

Discipline is the bridge between goals and accomplishment.

KAIZEN