

As of: March 24th, 2025



Adult Program Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
10.00am		All Levels		All Levels	
5:45pm		Advance Class			
6:00pm	All Levels		All Levels		No Gi
7:00pm		Intermediate		Intermediate	

Youth Program Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
4:30pm	Lil' Champs	Lil' Champs	Mini Champs	Lil' Champs	Mini Champs
5:45pm		Teens Advance Class		Kids Advance Class	
6:00pm	Junior Champs		Junior Champs		Junior Champs / No Gi

Adult Program Notes:

- Beginner Friendly
- Subject to Change (Invitation Only)
- Advanced Application of Fundamentals

Youth Program Notes:

- Age Group (4 - 6)
- Age Group (7 - 11)
- Age Group (Teens)
- Subject to Change (Invitation Only)