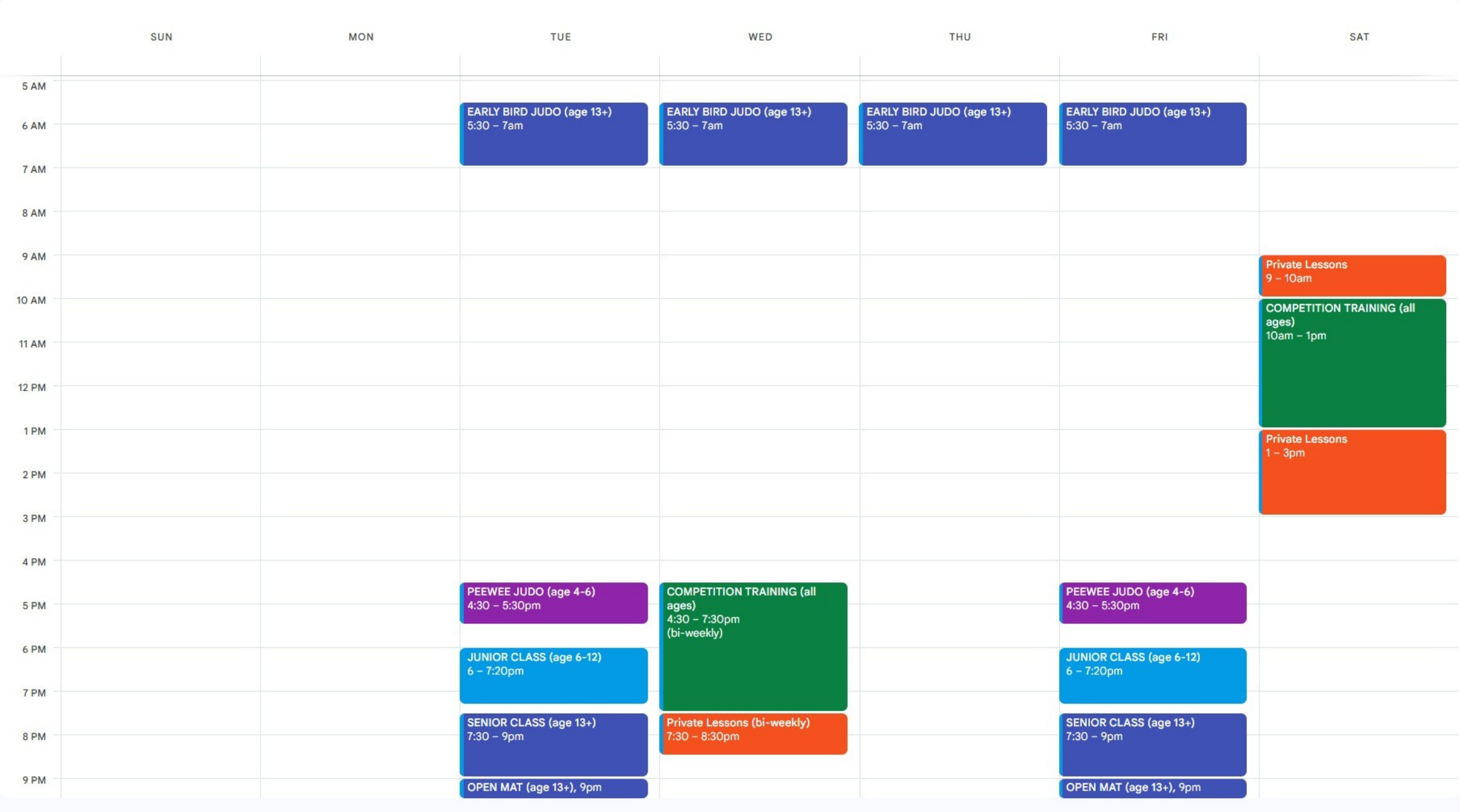

SUN
MON
TUE
WED
THU
FRI
SAT
5 AM
6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM
EARLY BIRD JUDO (age 13+)
5:30 – 7am
EARLY BIRD JUDO (age 13+)
5:30 – 7am
EARLY BIRD JUDO (age 13+)
5:30 – 7am
EARLY BIRD JUDO (age 13+)
5:30 – 7am
Private Lessons
9 – 10am
COMPETITION TRAINING (all ages)
10am – 1pm
Private Lessons
1 – 3pm
PEEWEE JUDO (age 4-6)
4:30 – 5:30pm
JUNIOR CLASS (age 6-12)
6 – 7:20pm
SENIOR CLASS (age 13+)
7:30 – 9pm
OPEN MAT (age 13+), 9pm
COMPETITION TRAINING (all ages)
4:30 – 7:30pm
(bi-weekly)
Private Lessons (bi-weekly)
7:30 – 8:30pm
PEEWEE JUDO (age 4-6)
4:30 – 5:30pm
JUNIOR CLASS (age 6-12)
6 – 7:20pm
SENIOR CLASS (age 13+)
7:30 – 9pm
OPEN MAT (age 13+), 9pm