



CULTURE CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00-7:00 AM		ADULT/TEENS NOGI		ADULT/TEENS GI			
11.00AM						OPEN MAT KIDS & ADULTS	
11.30-1:00PM					ADULT/TEENS JIU JITSU		
5:15-5:45 PM	KIDS NOGI AGES 4-6	KIDS GI AGES 4-6	KIDS NOGI AGES 4-6	KIDS GI AGES 4-6	KIDS COMP 5:15-6:30PM		
5:50-6:40 PM	KIDS NOGI AGES 7-13	KIDS GI AGES 7-13	KIDS NOGI AGES 7-13	KIDS GI AGES 7-13			
6:45-7:45 PM	ADULT/TEENS NOGI	ADULT/TEENS GI	ADULT/TEENS NOGI	ADULT/TEENS GI			
6:45-7:15 PM		LITTLE KICKERS KICKBOXING (AGES 4-7)		LITTLE KICKERS KICKBOXING (AGES 4-7)			
07:15-7:45 PM		JUNIORS KICKBOXING (AGES 8-12)		JUNIORS KICKBOXING (AGES 8-12)			
07:45-8:30 PM		ADULT/TEENS KICKBOXING		ADULT/TEENS KICKBOXING			

BIG KIDS 7-13 ARE SPLIT BETWEEN FUNDAMENTALS AND ADVANCED MONDAY-THURSDAY

KIDS COMPETITION CLASS IS FOR COMPETITORS ONLY AND ROTATES GI & NOGI EVERY OTHER WEEK.

FRIDAY ADULT CLASS ROTATES GI/NOGI WEEKLY.

OUR WOMEN'S ONLY CLASS IS SCHEDULED BASED ON WHICH WEEKEND DAY WORKS BEST FOR THE GROUP.
CONTACT US FOR DETAILS.