

GROUP CLASSES

online registration required for all youth classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth 1 5-8 year olds		4:30 PM	5:15 PM	4:30 PM	5:15 PM		9:00 AM
Youth 2 9-13 year olds		5:30 PM	4:30 PM	5:30 PM	4:30 PM		10:00 AM
Adult Fundamentals		6:30 PM – gi	6:00 PM – gi	6:30 PM – gi	6:00 PM – gi		
Adult Advanced		12:00 PM – gi	12:00 PM – gi 7:00 PM – no gi	12:00 PM – no gi	12:00 PM – gi 7:00 PM – no gi		11:00 AM – gi
Adult Open Mat	11:00 AM – gi & no gi					12:00 PM – gi	

PRIVATE LESSONS

online registration required by 8pm the night before | If you do not see a time that suites you, simply email us your request.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth \$50 for 1/2 hour	8:30AM	6:00 AM 10:45 AM		6:00 AM 10:45 AM	6:00 AM 10:45 AM		
Adult \$100 for 1 hour							