

7 Spears Jiu Jitsu and Judo Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
	6am Adult Class	6am Adult Class	6am Adult Class		Assistant Instructor Physical Training (Invite only) 9am
	12 pm Adult Gi		12 pm Adult Gi		Leadership Team 10am
					Judo Open Mat 11am
AFTERNOON/ EVENING CLASSES					
Tigers Jiu Jitsu Age 5-6 2:00-2:30pm		Tigers Jiu Jitsu Age 5-6 2:00-2:30pm			
Kids Jiu Jitsu All Ranks Age 7-12 2:30-3:15pm		Kids Jiu Jitsu All Ranks Age 7-12 2:30-3:15pm			
	Tots Jiu Jitsu Age 3-4 3:30-4:00pm	Tots Jiu Jitsu Age 3-4 3:30-4:00pm	Tots Jiu Jitsu Age 3-4 3:30-4:00pm	Competition Class TBA *Additional fees apply	
Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tots/Tigers Jiu Jitsu No Gi Age 3-6 4:00-4:30pm	
Kids Jiu Jitsu All Ranks Age 7-12 4:30-5:15pm	Kids Jiu Jitsu Age 7-9 4:30-5:15pm	Kids Jiu Jitsu All Ranks Age 7-12 4:30-5:15pm	Kids Jiu Jitsu Age 7-9 4:30-5:15pm	Kids Jiu Jitsu No Gi Age 7-12 4:30-5:15pm	
Adult Beginner Jiu Jitsu Gi 5:15-6:15pm	Kids Jiu Jitsu Age 10-12 5:15-6:00pm	Adult Beginner Jiu Jitsu Gi 5:15-6:15pm	Kids Jiu Jitsu Age 10-12 5:15-6:00pm	Judo 5:15pm	
Teen/Adult Jiu Jitsu Gi 5:15-6:15pm	Kids Judo 5:15-6pm	Teen/Adult Jiu Jitsu Gi 5:15-6:15pm	Kids Judo 5:15-6pm		
Judo 6:20pm	Teens/Adult Jiu Jitsu Gi 6:00-7:00pm	Judo 6:20pm	Teens/Adult Jiu Jitsu Gi 6:00-7:00pm		
**Extended training/ rolling/ drilling after class during competition prep.					

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