

SCHEDULE



MONDAY

11:00 – 12:00 PM	NOGI MIXED
12:00 – 1:30 PM	GI MIXED
4:45 – 5:45 PM	TEENS
6:00 – 7:30 PM	GI MIXED
7:30 – 8:30 PM	NOGI BEGINNERS

WEDNESDAY

6:00 – 7:00 AM	NOGI MIXED
11:00 – 12:00 PM	NOGI MIXED
12:00 – 1:30 PM	GI MIXED
4:45 – 5:45 PM	TEENS
6:00 – 7:30 PM	NOGI MIXED
7:30 – 8:30 PM	NOGI BEGINNERS

FRIDAY

6:00 – 7:00 AM	NOGI MIXED
11:00 – 12:00 PM	NOGI MIXED
12:00 – 1:30 PM	GI MIXED
4:30 – 5:30 PM	KIDS (7-12)
6:00 – 7:30 PM	OPEN MAT

TUESDAY

11:00 – 12:30 PM	PRO NOGI
4:30 – 5:30 PM	KIDS (7-12)
6:00 – 7:30 PM	NOGI MIXED
7:30 – 8:30 PM	MMA

THURSDAY

11:00 – 12:00 PM	NOGI MIXED
5:00 – 5:45 PM	KIDS (4-7) (MAT 2)
5:00 – 5:45 PM	KIDS (7-12) (MAT 1)
6:00 – 7:00 PM	NOGI (MAT 1)
6:00 – 7:00 PM	MMA (MAT 2)
7:00 – 8:00 PM	WOMENS NOGI (MAT 1)
7:00 – 8:00 PM	GI MIXED (MAT 2)

SATURDAY

9:00 – 9:45 AM	KIDS (4-7)
10:00 – 11:00 AM	NOGI BEGINNERS
11:00 – 12:00 PM	TEENS
12:00 – 1:30 PM	OPEN MAT

SUNDAY

10:00 – 11:00 AM	WOMENS NOGI
11:00 – 12:00 PM	GI MIXED
12:00 – 1:30 PM	OPEN MAT