

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
Main Mat	Upstairs	Main Mat	Upstairs	Main Mat	Upstairs	Main Mat	Upstairs	Main Mat	Upstairs	Main Mat	Upstairs	Main Mat
				5:30-6:15AM Gi Positional Sparring (Tommi)			11:30AM - 12:30PM Adult Gi Beginner Fundamentals (Tommi)	5:30-6:15AM NO Gi Positional Sparring (Tommi)		9:30-10:15AM All Kids Gi (Josh and Ryan)	9:30-10:30AM Adult NO GI Beginner Fundamentals (Victor)	9:30-11:30AM Members-Only Open Mat
										10:15-11AM All Kids No Gi (Josh and Ryan)		
										11AM-12:30PM Adult NO GI All-Levels (Victor)		

5:15-6PM Gi Competition Training (Non-Competitors Welcome!)	5:15-6PM Open Drilling	5-6PM Kids Gi Fundamentals (Ryan)	5-6PM Kids Gi Advanced (Josh)	5:15-6PM NO Gi Competition Training (Non-Competitors Welcome!)	5:15-6PM Open Drilling	5-6PM Kids Gi Fundamentals (Ryan)	5-6PM Kids Gi Advanced (Josh)		5-6PM Adult Gi Beginner Fundamentals (Ryan)
6-7:30PM Adult Gi All-Levels (Nate F)		6-7:30PM Adult Gi Beginner Fundamentals (Nate R)		6-7:30PM Adult NO GI All-Levels (Victor)		6-7:30PM Adult Gi Beginner Fundamentals (Ken)		6-7:30PM Adult Strength and Conditioning	6-7:30PM Members-Only Open Mat

