

BETTENDORF



DAVENPORT

MAIN MAT

SIDE MAT

MAIN MAT

UPSTAIRS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

4:30 - 5:30 PM
Kids | No Gi | 6YO+
Josh

4:30 - 5:20 PM
Littles | 3-5 YO | Gi
Cameo

5:15 - 6:00 PM
Competition Sparring | Gi

5:15 - 6:00 PM
Open Mat / Sparring

5:40 - 6:40 PM
Adult Fundamentals | No Gi
Josh
6:40 - 7:30 PM
Open Mat / Sparring

5:30 - 7:30 PM
Kids Open Mat
\$10/Child

6:00 - 7:30 PM
Adult All Levels | Gi
Nate R

9:00 - 10:00 AM
Adult Fundamentals | Gi
Martin

5:00 - 6:00 PM
Kids | Gi | 6YO+
Ryan

4:30 - 5:30 PM
Kids | No Gi | 6YO+
Tim

4:30 - 5:30 PM
Adult Fundamentals | No Gi
Nate F

6:00 - 7:00 PM
Adult Fundamentals | Gi
Nate R

5:40 - 6:40 PM
Adult All-Levels | No Gi
Nate F

5:30 - 7:30 PM
Open Mat / Sparring

7:00 - 7:30 PM
Open Mat / Sparring

6:40 - 7:30 PM
Competition Sparring | No Gi

4:30 - 5:30 PM
Kids | Gi | 6YO+
Ken

4:30 - 5:20 PM
Littles | 3-5 YO | Gi
Cameo

5:00 - 6:15 AM
Positional Sparring | Fundamentals | Gi
Tommi

5:40 - 6:40 PM
Adult Fundamentals | Gi
Ken

5:40 - 6:40 PM
Women's Fundamentals | Gi
13YO+
Kryslynne

5:15 - 6:00 PM
Competition Sparring | No Gi

5:15 - 6:00 PM
Open Mat / Sparring

6:40 - 7:30 PM
Open Mat / Sparring

6:00 - 7:30 PM
Adult All-Levels | No Gi
Nate & Victor

9:00 - 10:00 AM
Adult Fundamentals | No Gi
Martin

5:00 - 6:00 PM
Kids | Gi | 6YO+
Ryan

5:00 - 6:00 PM
Adult Fundamentals | Gi
Ken

4:30 - 5:30 PM
Kids | Gi | 6YO+
Tim

4:30 - 5:30 PM
Adult Fundamentals | Gi
Nate F

6:00 - 7:00 PM
Wrestle-Jitsu
16YO+
George

6:00 - 7:00 PM
Open Mat / Sparring

5:40 - 6:40 PM
Adult All-Levels | Gi
Nate F

5:30 - 7:30 PM
Open Mat / Sparring

7:00 - 7:30 PM
Open Mat / Sparring

6:40 - 7:30 PM
Competition Sparring | Gi

5:00 - 6:00 PM
Adult Fundamentals | Gi
Ryan

6:00 - 7:30 PM
Wrestle-Jitsu & Conditioning
16YO+
Bring Running Shoes
Kyle

5:00 - 6:15 AM
Positional Sparring | Fundamentals | No Gi
Tommi

PM CLOSED:
TEAM TRAINING IN BETTENDORF

6:00 - 7:00 PM
Open Mat / Sparring

9:00 - 10:00 AM
Adult Fundamentals | No Gi
Victor

9:30 - 10:30 AM
Kids | No Gi | 6YO+
Ryan & Tim

9:30 - 10:30 AM
Adult Fundamentals | No Gi
Nate F

PM BETT CLOSED / SPECIAL EVENTS ONLY:
TEAM TRAINING IN DAVENPORT

11:00 AM - 12:30 PM
Adult All-Levels | No Gi
Nate F

12:30 PM - 1:30 PM
Women's Fundamentals | Gi
13YO+
Tommi

3:00 - 4:30 PM
Wrestle-Jitsu & Conditioning
16YO+
Mike

9:30 - 11:30 AM
Members-Only Open Mat
George

6990 COMPETITION COURT BETTENDORF



3840 W RIVER DRIVE DAVENPORT

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