

BETTENDORF



DAVENPORT

MAIN MAT

SIDE MAT

MAIN MAT

UPSTAIRS

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

4:30 - 5:20 PM
Littles 2 | 3-5 YO | Cameo

MONDAY

CLOSED:
TEAM TRAINING IN BETTENDORF

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

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

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

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

TUESDAY

6:00 - 7:00 PM
Adult Fundamentals | Gi
Ken

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

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

3:45 - 4:20 PM
Littles 1 | 3-4 YO | Cameo

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

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

4:30 - 5:20 PM
Littles 2 | 3-5 YO | Cameo

WEDNESDAY

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

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

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 & Cameo

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

THURSDAY

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

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

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

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

FRIDAY

PM CLOSED:
TEAM TRAINING IN BETTENDORF

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

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

8:00 AM - 9:00 AM
Women's Fundamentals | Gi
13YO+ | Tommi

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

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

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

SATURDAY

CLOSED:
SPECIAL EVENTS / PRIVATE LESSONS

SUNDAY

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

10:30 - 11:30 AM
Wrestle-Jitsu
16YO+

Kyle • Mike • Jaiden