



2018 CLASS SCHEDULE

7980 AMERICAN WAY, DAPHNE, AL 36526 (251) 625-4257

BEGINS TUESDAY, JANUARY 2, 2018

Schedule subject to change as school grows.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| "A" DAY | "A" DAY | "B" DAY | "B" DAY | "A" DAY |
| 4:00 - 4:45 JUNIORS White-Yellow-Orange Belts | 3:45 - 4:15 LI'L CHAMPIONS 5-7 year olds | 4:00 - 4:45 JUNIORS White-Yellow-Orange Belts | 3:45 - 4:15 LI'L CHAMPIONS 5-7 year olds | 4:00 - 4:45 JUNIORS White-Yellow-Orange Belts |
| 4:45 - 5:30 KIDS JIU JITSU Advanced Training Must Have Invitation | 4:15 - 5:00 JUNIORS Brown-Black Belts | 4:45 - 5:30 JUNIORS Brown-Black Belts | 4:15 - 5:00 JUNIORS Brown-Black Belts | 4:45 - 5:30 JUNIORS Purple-Blue-Green |
| 5:30 - 6:15 JUNIORS Purple-Blue-Green | 5:00 - 5:45 JUNIORS Purple-Blue-Green | 5:30 - 6:15 JUNIORS Purple-Blue-Green | 5:00 - 5:45 JUNIORS Purple-Blue-Green | 4:45 - 5:30 JUNIORS Brown-Black Belts |
| 6:15-7:00 JUNIORS Brown-Black Belts | 5:45 - 6:15 LI'L CHAMPIONS 5-7 year olds | 6:15-7:00 JUNIORS Brown-Black Belts | 5:45 - 6:15 LI'L CHAMPIONS 5-7 year olds | 5:30 - 6:15 HYPER LEVEL I Advanced Training Must Have Invitation |
| 7:00 - 8:00 ADULTS All Levels | 6:15 - 7:00 JUNIORS White- Yellow-Orange Belts | 7:00 - 8:00 ADULTS All Levels | 6:15 - 7:00 JUNIORS White- Yellow-Orange Belts | 6:15 - 7:00 HYPER LEVEL 2 Advanced Training Must Have Invitation |
| 8:15 - 9:00 ADULTS JIU JITSU Advanced Training Must Have Invitation | 7:00 - 8:00 ADULTS All Levels | YES, WE WILL HAVE TWO ADVANCED CLASSES ON THIS DAY. | 7:00 - 8:00 ADULTS All Levels | 7:00 - 8:00 BLACK BELT CANDIDATES (SEE YOUR CALENDAR FOR DATES) |
| NO, WE WILL NOT HAVE LIL CHAMPIONS ON MONDAY/WEDNESDAY DUE TO LOW ENROLLMENT | 8:15 - 9:00 ADULTS JIU JITSU Advanced Training Must Have Invitation | SPARRING FOR PURPLE AND ABOVE IS THE MAIN FOCUS OF TRAINING THIS DAY. BRING GEAR AND WEAR PROTECTIVE EQUIPMENT, INCLUDING ATHLETIC SUPPORTER. | THIS IS AN "A" DAY. KATA TRAINING IS THE MAIN FOCUS OF THIS DAY. WEAPONS, GLOVES & JUMP ROPE MAY BE REQUIRED. THERE WILL BE NO SPARRING. | |
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