



NEW SCHEDULE 9/2019

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

EFFECTIVE AFTER SEPTEMBER 2, 2019 | Schedule subject to change as school

Please Visit
teamSCSdaphne.com

for Announcements and
Upcoming Events!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
"A" DAY	"A" DAY	"B" DAY	"B" DAY	"A" DAY
KATA TRAINING IS THE MAIN FOCUS OF THIS DAY. WEAPONS, GLOVES & JUMP ROPE MAY BE REQUIRED. THERE WILL BE NO SPARRING.		SELF DEFENSE & 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 AND FITNESS TRAINING IS THE MAIN FOCUS OF THIS DAY. WEAPONS, GLOVES & JUMP ROPE MAY BE REQUIRED. THERE WILL BE NO SPARRING.
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	
4:45 - 5:30 JUNIORS Purple-Blue-Green- Brown-Red-High Red- Black Belts	4:15 - 5:00 JUNIORS Brown-Black Belts	4:45 - 5:30 JUNIORS Purple-Blue-Green-Brown- Red-High Red-Black Belts	4:15 - 5:00 JUNIORS Brown-Black Belts	4:00 - 4:45 JUNIORS White- Yellow-Orange
5:30 - 6:00 LI'L CHAMPIONS 5-7 year olds	5:00 - 5:45 JUNIORS Purple-Blue-Green	5:30 - 6:00 LI'L CHAMPIONS 5-7 year olds	5:00 - 5:45 JUNIORS Purple-Blue-Green	4:45 - 5:30 JUNIORS Purple-Blue-Green-Brown- Red-High Red-Black Belts
5:30 - 6:15 KIDS JIU JITSU Advanced Training Must Have Invitation	5:45 - 6:15 27 : 12 FITNESS Adults Only Must Book Class	6:15 - 7:00 JUNIORS Purple-Blue-Green-Brown- Red-High Red-Black Belts	5:45 - 6:15 27 : 12 FITNESS Adults Only Must Book Class	4:45 - 5:30 ADULTS All Levels
6:15 - 7:00 JUNIORS Purple-Blue-Green- Brown-Red-High Red- Black Belts	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	5:30 - 6:30 CMX TRAINING Advanced Tricking and Weapons Must Have Invitation
6:15 - 7:00 ADULT JIU JITSU INSTRUCTION Must Have Invitation	7:00 - 8:00 ADULTS All Levels		7:00 - 8:00 ADULTS All Levels	5:45 - 6:15 27 : 12 FITNESS Adults Only Must Book Class
7:00 - 8:00 ADULTS All Levels	8:15 - 9:00 ADULTS JIU JITSU Advanced Training Must Have Invitation		8:15 - 9:00 ADULTS JIU JITSU Advanced Training Must Have Invitation	7:00 - 8:00 BLACK BELT CANDIDATES (See your calendar for dates)