

## Kids Classes

Class	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Kids 4-6		5:45 pm to 6:30 pm		4:45 pm to 5:30 pm	6:50 pm to 7:35 pm	10:15 am to 11:00 am	
Kids 7-9	4:30 pm to 5:30 pm	4:30 pm to 5:30 pm	5:40 pm to 6:40 pm	6:50 pm to 7:50 pm		11:15 am to 12:15 am	
Kids 10-14	6:50 pm to 7:50 pm			5:40 pm to 6:40 pm	4:30 pm to 5:30 pm	12:30 am to 1:30 pm	
Senior Kids	5:40 pm to 6:40 pm		6:50 pm to 7:50 pm				
Jiu Jitsu 7-14			4:30 pm to 5:30 pm		5:40 pm to 6:40 pm		

## Adult Classes

White Yellow		6:45 pm to 7:45 pm		8:00 pm to 9:00 pm			
Orange Green Blue	8:00 pm to 9:00 pm		8:00 pm to 9:00 pm				
Brown Black		8:00 pm to 9:15 pm					
Day Classes			12:00 pm to 1:00 pm		12:00 pm to 1:00 pm		
Open Class					7:45 pm to 8:45pm		
Saturday Open Class						1:35 pm to 2:35 pm	

**Contact us at (905) 737-7095**