

CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH CLASS MIXED 1:30 - 2:30 PM	LUNCH CLASS MIXED 1:30 - 2:30 PM	LUNCH CLASS MIXED 1:00 - 2:00 PM	LUNCH CLASS MIXED 12:30 - 1:30 PM	LUNCH CLASS MIXED 1:30 - 2:30 PM	LUNCH CLASS MIXED 1:30 - 2:30 PM	LUNCH CLASS MIXED 11:00 - 12:00 PM
AFTERNOON CLASS BEGINNERS 6:00 - 7:00 PM	AFTERNOON CLASS ADVANCED 6:00 - 7:30 PM	AFTERNOON CLASS BEGINNERS 6:00 - 7:30 PM	AFTERNOON CLASS ADVANCED 6:00 - 7:30 PM	AFTERNOON CLASS MIXED 6:00 - 7:00 PM		
EVENING CLASS MIXED 7:00 - 8:00 PM	EVENING CLASS MIXED 7:30 - 8:30 PM	EVENING CLASS MIXED 7:30 - 8:30 PM	EVENING CLASS MIXED 7:30 - 8:30 PM	EVENING CLASS SPARRING / NOGI 7:00 - 8:30 PM		