



Dojo Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dojo Dragonflies Ages 3-5

Basic Course	4:15-4:45	3:45-4:15	4:15-4:45	4:30-5:00	6:30-7:00***	9:00-9:30
Black Belt Club	3:45-4:15	4:15-4:45	3:45-4:15	5:00-5:30	6:30-7:00***	10:00-10:30

Dojo Dragons Ages 6-12

Basic Course	6:15-7:00	4:45-5:30	4:45-5:30	3:45-4:30	6:30-7:00***	9:30-10:00
Black Belt Club - Beg. & Int.	4:45-5:30	5:30-6:15	5:30-6:15	5:30-6:15*	6:30-7:00***	10:00-10:30
Black Belt Club - Advanced	5:30-6:15	6:15-7:00		6:15-7:00*	4:15-5:00	10:30-11:00
Masters Club Advanced	5:30-6:15	6:15-7:00		6:15-7:00*	4:15-5:00	10:30-11:00

Dojo Dinosaurs Ages 13 & Up

Basic Course	7:00-7:45	7:00-7:45	7:00-7:45		6:30-7:00***	10:30-11:00
Black Belt Beg. Int. & Adv.	7:00-7:45	7:00-7:45	7:00-7:45		6:30-7:00***	10:30-11:00
Masters Club Advanced	7:00-7:45	7:00-7:45	7:00-7:45		6:30-7:00***	10:30-11:00
Sparring^				7:00-8:00*		11:00-11:45*
Cardio Kickboxing						9:45-10:30

Dojo ASK Program - During School Year

Basic Course	3:00-3:45	3:00-3:45	3:00-3:45	3:45-4:30		
Black Belt Club - Beg. & Int.	3:00-3:45	3:00-3:45	3:00-3:45	3:00-3:45*		

Special Classes

<u>Weapons</u>					5:00-5:45	
1st Degree Black Belt Prep			6:15-7:00		5:45-6:30	
2nd Degree Black Belt Prep			6:15-7:00		5:45-6:30	
Open Mat***					6:30-7:00***	11:00-11:45*

* Sparring Class (Must have ALL gear)*

^Teen & Adult Sparring begins at instructors discretion^

Open Mat is for students of ALL ages, belt levels, and club levels.

Underlined classes are only for Masters Club students

Beginner & Intermediate classes are for: Novice Belts; Gold-Advanced Purple Belts

Advanced and Master's Club classes are for: Blue Belts-Black Belts

1st Degree Prep classes are for: Brown Belt and higher



Kids Brazilian Jiu Jitsu		5:00-5:45				10:00-10:45
Fundamentals Gi		6:00-7:00		6:00-7:00		12:00-1:00
Advanced Gi		7:00-8:00		7:00-8:00		11:00-12:00
No Gi				8:00-9:00		

