

	MO	DI	MI	DO	FR	SA	SO
08:00				Early Birds 7.30-9.00		Early Birds 8.00-9.30	Early Birds 8.00-9.30
10:00	nogi 10.00-11.15				nogi 10.00-11.15		
12:00			nogi 12.00-13.15			nogi 12.00-13.15	
14:00		nogi 14.00-15.15		nogi 14.00-15.15			
17:00	kids 17.00-18.00	kids comp 17.00-18.30	kids 17.00-18.00	kids comp 17.00-18.30	kids 17.00-18.00	kids 17.00-18.00	
18:00	nogi basic 18.30-19.45	nogi adv 18.30-19.45	comp training 18.00-19.30	nogi basic 18.30-19.45	nogi adv 18.30-19.45	nogi standup 18.00-19.15	gi standup 18.00-19.15
19:00	nogi basic 18.30-19.45	nogi adv 18.30-19.45	nogi standup 18.00-19.15	gi standup 18.00-19.15	nogi basic 18.00-19.00	gi 18.00-19.00	comp training 18.00-19.00
19:00	gi 19.45-21.00	women only 19.30-20.45	nogi 19.30-20.45	gi 19.45-21.00	gi basic 19.15-20.30	nogi 19.15-20.30	open mat 19.00-20.30
19:00					open mat 19.00-20.30		open mat 19.00-20.30

