



Weekly Class Schedule

Richmond Hill Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						OM (12pm-2pm) PP (9am - 12pm)*
8:15 AM - 9:00 AM	BJJ 4(a)	BJJ 4(a)		BJJ 4(a)		
5:30 PM - 6:15 PM	TKD 2	TKD 1(b) / BJJ 1	TKD 2	TKD 1(b) / BJJ 1		
6:15 PM - 7:00 PM	TKD1(a)	TKD 3 / KA / BJJ 2	TKD1(a)	TKD 3 / KA / BJJ 2	BJJ 4(b)	
7:00 PM - 7:45 PM	TKD 5 / KB	TKD 4 / KM / BJJ 3	TKD 5 / KB	TKD 4 / KM / BJJ 3		
7:45 PM - 8:30 PM		BJJ 4(b)		BJJ 4(b)		

BJJ 1 - Brazilian Jiu-Jitsu Juniors (ages 6 - 7)
BJJ 2 - Brazilian Jiu-Jitsu Juniors (ages 8 - 12)
BJJ 3 - Brazilian Jiu-Jitsu Teens (13-17)
BJJ 4 - Brazilian Jiu-Jitsu Adults (18+)
KA - Kali (ages 13+)
KB - Kickboxing (ages 13+)
KM - Krav Maga (ages 13+)

OM - Open Mat (Brazilian Jiu-Jitsu teens and adults only)
PP - Personal Protection (ages 13+)*
TKD 1 - Taekwondo White-Yellow Belts (ages 6+)
TKD 2 - Taekwondo Camo- Purple Belts (ages 6+)
TKD 3 - Taekwondo Blue-Black Belts (ages 6+)
TKD 4 - Taekwondo Adults (ages 13+)
TKD 5 - Takewondo Black Belts (ages 6+)
*** 1 Class a month**

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