



Weekly Class Schedule

Richmond Hill Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						OM (12pm-2pm) PP (9am - 12pm)*
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		
7:00 PM - 7:45 PM	TKD 5	TKD 4 / KM / BJJ 3	TKD 5	TKD 4 / KM / BJJ 3		
7:45 PM - 8:30 PM						

BJJ 1 - Brazilian Jiu-Jitsu Juniors (ages 6 - 8) BJJ 2 - Brazilian Jiu-Jitsu Juniors (ages 8 - 12) BJJ 3 - Brazilian Jiu-Jitsu Teens/Adults (ages 13+) KA - Kali (ages 13+) KM - Krav Maga (ages 13+) OM - Open Mat (Brazilian Jiu-Jitsu 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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