

JUDO PRACTICE SCHEDULE

PRACTICE SCHEDULE

DAY	TIME	CLASS NAME	HEAD INSTRUCTOR
MONDAY	4:00PM -5:00PM	ADAPTIVE JUDO CLASS	SENSEI TYLER
	6:00PM -7:30PM	OPEN MAT PRACTICE	COACH MATT
TUESDAY	4:30PM -5:00PM	JUDO ESSENTIALS: BEGINNERS	SENSEI GINA
	5:00PM -7:00PM	JUDO ESSENTIALS: 8 YRS-ADULTS	SENSEI GINA
WEDNESDAY	5:00PM -6:00PM	JUDO FUNDAMENTALS: K-4TH GRADE	SENSEI KEVIN
	6:00PM -7:30PM	JUDO FUNDAMENTALS: 5th GRADE-ADULTS	SENSEI KEVIN
	7:30PM - 9:00PM	OPEN MAT PRACTICE	COACH SHINTARO
THURSDAY	4:30PM -5:00PM	JUDO ESSENTIALS: BEGINNERS	SENSEI GINA
	5:00PM -7:00PM	JUDO ESSENTIALS: 8 YRS-ADULTS	
FRIDAY	5:00PM -6:00PM	JUDO FUNDAMENTALS: K-4TH GRADE	SENSEI KEVIN
	6:00PM -7:30PM	JUDO FUNDAMENTALS: 5th GRADE-ADULTS	SENSEI KEVIN
	7:30PM - 9:00PM	BACK TO BASICS JUDO: MIDDLE SCHOOL-ADULTS	SENSEI DEREK
SATURDAY	7:15AM -9:00AM	NAGEKOMI PRACTICE: MIDDLE SCHOOL-ADULTS	SENSEI GINA
	8:00AM -9:00AM	PROMOTION SKILLS TECHNIQUE CLASS	SENSEI KEVIN
	9:00AM -11:00AM	OPEN MAT PRACTICE	COACH MATT
	12:00PM -1:00PM	F.I.T. (FALLING IS A TECHNIQUE) SAFE FALLING CLASS (NEW SESSSION STARTS IN MAY)	SENSEI RUSSELL