

# JUDO PRACTICE SCHEDULE

PRACTICE SCHEDULE

<b>SUNDAY</b>	2:00PM -3:00PM 3:00PM -4:00PM	<b>BROWN BELT CLASS</b>  <b>GIRLS' INTER-CLUB COMPETITION PRACTICE</b>	<b>SENSEI STEVE</b>  <b>SENSEI STEVE</b>
<b>MONDAY</b>	6:00PM -7:30PM	<b>OPEN MAT PRACTICE</b>	<b>COACH MATT</b>
<b>TUESDAY</b>	4:30PM 5:00PM -7:00PM	<b>BEGINNERS' CLASS</b>  <b>8 YRS-ADULTS CLASS</b>	<b>SENSEI GINA</b>
<b>WEDNESDAY</b>	5:00PM -6:00PM 6:00PM -7:30PM 7:30PM - 9:00PM	<b>K-4TH GRADE CLASS</b>  <b>5th GRADE-ADULTS CLASS</b>  <b>OPEN MAT PRACTICE</b>	<b>SENSEI STEVE</b>  <b>SENSEI STEVE</b>  <b>COACH SHINTARO</b>
<b>THURSDAY</b>	4:30PM 5:00PM -7:00PM	<b>BEGINNERS' CLASS</b>  <b>8 YRS-ADULTS CLASS</b>	<b>SENSEI GINA</b>
<b>FRIDAY</b>	4:00PM -5:00PM 5:00PM -6:00PM 6:00PM -7:30PM 7:30PM - 9:00PM	<b>ADAPTIVE JUDO CLASS</b>  <b>K-4TH GRADE CLASS</b>  <b>5th GRADE-ADULTS CLASS</b>  <b>MIDDLE SCHOOL-ADULTS CLASS</b>	<b>SENSEI TYLER</b>  <b>SENSEI STEVE</b>  <b>SENSEI STEVE</b>  <b>SENSEI DEREK</b>
<b>SATURDAY</b>	7:15AM -9:00AM 8:00AM -9:00AM 9:00AM -11:00AM 12:00PM -1:00PM	<b>NAGEKOMI PRACTICE</b>  <b>PROMOTION SKILLS TECHNIQUE CLASS</b> <b>OPEN MAT PRACTICE</b>  <b>F.I.T. (FALLING IS A TECHNIQUE) SAFE FALLING CLASS</b> <b>(NEW SESSSION STARTS NEXT YEAR)</b>	<b>SENSEI GINA</b>  <b>SENSEI KEVIN</b>  <b>COACH MATT</b>  <b>SENSEI RUSSELL</b>