

JUDO PRACTICE SCHEDULE

PRACTICE SCHEDULE

SUNDAY	2:00PM -3:00PM 3:00PM -5:00PM	BROWN BELT CLASS GIRLS' INTER-CLUB COMPETITION PRACTICE	SENSEI STEVE SENSEI STEVE
MONDAY	6:00PM -7:30PM	OPEN MAT PRACTICE	COACH MATT
TUESDAY	6:00PM -7:30PM	MIDDLE & HIGH SCHOOL CLASS	SENSEI GINA
WEDNESDAY	5:00PM -6:00PM 6:00PM -7:30PM 7:30PM - 9:00PM	K-6TH GRADE CLASS TEENS & ADULTS CLASS OPEN MAT PRACTICE	SENSEI STEVE SENSEI STEVE COACH SHINTARO
THURSDAY	6:00PM -7:30PM	MIDDLE & HIGH SCHOOL CLASS	SENSEI GINA
FRIDAY	4:00PM -5:00PM 5:00PM -6:00PM 6:00PM -7:30PM 7:30PM - 9:00PM	ADAPTIVE JUDO CLASS K-6TH GRADE CLASS TEENS & ADULTS CLASS MIDDLE & HIGH SCHOOL CLASS	SENSEI TYLER SENSEI STEVE SENSEI STEVE SENSEI DEREK
SATURDAY	7:15AM -8:30AM 8:00AM -9:00AM 9:00AM -11:00AM 12:30PM -1:30PM	NAGEKOMI PRACTICE PROMOTION SKILLS TECHNIQUE CLASS OPEN MAT PRACTICE F.I.T. (FALLING IS A TECHNIQUE) SAFE FALLING CLASS (PRE-REGISTRATION REQUIRED)	SENSEI GINA SENSEI KEVIN COACH MATT SENSEI RUSSELL