

FUTURE CHAMPIONS 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Junior 11:10 - 12:00 am	
Future Champions I 4:10 - 5:00 pm	Little Champions 4:00 - 4:30 pm	Future Champions I 4:10 - 5:00 pm	Little Champions 4:00 - 4:30 pm	Future Champions I 4:10 - 5:00 pm		
Future Champions II 5:00 - 5:50 pm	Juniors 5:00 - 5:50 pm	Future Champions II 5:00 - 5:50 pm	Junior 5:00 - 5:50 pm	Future Champions II 5:00 - 5:50 pm		
Little Champions	Kids (4 years old)					
Future Champions I	KIDS (5 - 7 years old)					
Future Champions II	KIDS (8 - 11 years old)					
Junior Champions	KIDS (12 - 15 years old)					

TIMETABLE 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels 6:30 - 7:30 am		All Levels 6:30 - 7:30 am				
	All Levels 10:00 - 11:00 am		All Levels 10:00 - 11:00 am		All Levels 9:30 - 11:00 am	Open mat 10:00 - 11:00 am
	All Levels 12:30 - 1:30 pm		All Levels 12:30 - 1:30 pm	NOGI 12:30 - 1:30 am	Junior 11:10 - 12:00 am	
Future Champions I 4:10 - 5:00 pm	Little Champions 4:00 - 4:30 pm	Future Champions I 4:10 - 5:00 pm	Little Champions 4:00 - 4:30 pm	Future Champions I 4:10 - 5:00 pm		
Future Champions II 5:00 - 5:50 pm	Junior 5:00 - 5:50 pm	Future Champions II 5:00 - 5:50 pm	Junior 5:00 - 5:50 pm	Future Champions II 5:00 - 5:50 pm		
Fundamentals 6:00 - 7:00 pm	Advanced Sparring 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm	Advanced Sparring 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm		
Advanced 7:00 - 8:00 pm	Fundamentals 7:00 - 8:00 pm	Advanced 7:00 - 8:00 pm	Fundamentals 7:00 - 8:00 pm	NOGI 7:00 - 8:00 pm		
Advanced Sparring 8:00 - 8:30 pm	MMA 8:00 - 9:00 pm	Advanced Sparring 8:00 - 8:30 pm	Wrestling 8:00 - 9:00 pm			
Little Champions	Kids 4					
Future Champions I	KIDS (5 - 7 years old)					
Future Champions II	KIDS (8 - 11 years old)					
Junior Champions	KIDS (12 - 15 years old)					
Fundamentals	Beginner					
All Levels	All Levels Welcome					
Advanced	3 Stripes Above					
Black Belt Program	MMA /NOGI/Wrestling					

FUNDAMENTALS PROGRAM 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels 6:30 - 7:30 am		All Levels 6:30 - 7:30 am				
	All Levels 10:00 - 11:00 am		All Levels 10:00 - 11:00 am		All Levels 9:30 - 11:00 am	
	All Levels 12:30 - 1:30 pm		All Levels 12:30 - 1:30 pm			
Fundamentals 6:00 - 7:00 pm		Fundamentals 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm		
	Fundamentals 7:00 - 8:00 pm		Fundamentals 7:00 - 8:00 pm			
Fundamentals	Beginner					
All Levels	All Levels Welcome					

ADVANCED PROGRAM 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels 6:30 - 7:30 am		All Levels 6:30 - 7:30 am				
	All Levels 10:00 - 11:00 am		All Levels 10:00 - 11:00 am		All Levels 9:30 - 11:00 am	Open mat 10:00 - 11:00 am
	All Levels 12:30 - 1:30 pm		All Levels 12:30 - 1:30 pm			
Fundamentals 6:00 - 7:00 pm	Advanced Sparring 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm	Advanced Sparring 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm		
Advanced 7:00 - 8:00 pm	Fundamentals 7:00 - 8:00 pm	Advanced 7:00 - 8:00 pm	Fundamentals 7:00 - 8:00 pm			
Advanced Sparring 8:00 - 8:30 pm		Advanced Sparring 8:00 - 8:30 pm				
Advanced	3 Stripes Above					
Fundamentals	Beginner					
All Levels	All Levels Welcome					

BLACK BELT PROGRAM 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels 6:30 - 7:30 am		All Levels 6:30 - 7:30 am				
	All Levels 10:00 - 11:00 am		All Levels 10:00 - 11:00 am		All Levels 9:30 - 11:00 am	Open mat 10:00 - 11:00 am
	All Levels 12:30 - 1:30 pm		All Levels 12:30 - 1:30 pm	NOGI 12:30 - 1:30 pm		
Fundamentals 6:00 - 7:00 pm	Advanced Sparring 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm	Advanced Sparring 6:00 - 7:00 pm	Fundamentals 6:00 - 7:00 pm		
Advanced 7:00 - 8:00 pm	Fundamentals 7:00 - 8:00 pm	Advanced 7:00 - 8:00 pm	Fundamentals 7:00 - 8:00 pm	NOGI 7:00 - 8:00 pm		
Advanced Sparring 8:00 - 8:30 pm	MMA 8:00 - 9:00 pm	Advanced Sparring 8:00 - 8:30 pm	Wrestling 8:00 - 9:00 pm			
Fundamentals	Beginner					
All Levels	All Levels Welcome					
Advanced	3 Stripes Above					
Black Belt Program	MMA /NOGI/Wrestling					