

ADULT PEAK PERFORMANCE PROGRAMS

FITNESS WITH A PURPOSE



YOUTH ACHIEVEMENT PROGRAMS

SELF DISCIPLINE - FOCUS - RESPECT

Adult Novice Program (13+)

Tuesday 8:35pm - 9:25pm
Thursday 7:40pm - 8:30pm
Friday 6:45pm - 7:35pm
Saturday 9:55am - 10:45am

Adult Intermediate Program (13+)

Tuesday 7:40pm - 8:30pm
Thursday 8:35pm - 9:25pm
Friday 7:40pm - 8:30pm
Saturday 10:50am - 11:40am

Adult Advanced Program (13+)

Monday 7:40pm - 8:30pm
Wednesday 7:40pm - 8:30pm
Friday 8:35pm - 9:25pm
Saturday 11:45am - 12:35pm

Black Belts

Monday 8:35pm - 9:25pm
Tuesday 6:45pm - 7:35pm
Wednesday 8:35pm - 9:25pm
Thursday 6:45pm - 7:35pm

Little Dragon's Program (4-6)

Monday 4:00pm - 4:50pm
Tuesday 4:55pm - 5:45pm
Friday 4:55pm - 5:45pm
Saturday 9:00am - 9:50am

Youth Novice Program (7-12)

Monday 5:50pm - 6:40pm
Tuesday 4:00pm - 4:50pm
Wednesday 5:50pm - 6:40pm
Saturday 9:55am - 10:45am

Youth Intermediate Program (7-12)

Monday 4:55pm - 5:45pm
Tuesday 5:50pm - 6:40pm
Wednesday 4:55pm - 5:45pm
Thursday 4:00pm - 4:50pm
Saturday 10:50am - 11:40am

Youth Advanced Program (7-12)

Monday 6:45pm - 7:35pm
Thursday 5:50pm - 6:40pm
Friday 4:00pm - 4:50pm
Saturday 11:45am - 12:35pm

Specialty Classes

Candidates	Saturday	8:00am - 8:50am
Hyper Team	Wednesday Thursday	4:00pm - 4:50pm 4:55pm - 5:45pm
Busy BJJ	Monday (13+ yrs <u>only</u>) Wednesday Friday	6:45pm - 7:35pm 6:45pm - 7:35pm 5:50pm - 6:40pm



Effective July 1st, 2013