CLASS SCHEDULE

SATURDAY 8:00 AM | **OPEN MAT**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	FOUNDATIONS (GI) 12+	FOUNDATIONS (NO-GI) 12+	NO CLASS	ALL LEVELS (NO-GI) 12+	FOUNDATIONS (GI) 12+
5:00 PM	LION CUBS (GI) 7-11 (45 Min)	LITTLE LIONS (GI) 4-6 (30 Min)	LION CUBS (NO-GI) 7-11 (45 Min)	LITTLE LIONS (NO-GI) 4-6 (30 Min)	LION CUBS (GI) 7-11 (45 Min)
6:00 PM	ALL LEVELS (NO-GI) 12+	FOUNDATIONS (NO-GI) 12+	FOUNDATIONS (GI) 12+	ALL LEVELS (GI) 12+	FOUNDATIONS (NO-GI) 12+
6:45 PM	(OPTIONAL) LIVE ROLLING	(OPTIONAL) POSITIONAL TRAINING	(OPTIONAL) POSITIONAL TRAINING	(OPTIONAL) LIVE ROLLING	(OPTIONAL) POSITIONAL TRAINING