

# SHUHARI & BARRIE BJJ

## TRAINING SCHEDULE

### ADULT CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>KARATE</u> white-black		12-1:00PM	6:15-7:30PM	12-1:00PM		10-11:00AM
<u>KARATE</u> white-orange				6:30-7:45PM		
<u>KARATE</u> green-black				7:45-9:00PM		
<u>FIGHTING</u> yellow-black	8-9:00PM		7-7:30PM			
<u>CONDITIONING</u> white-black		6:30-7:30PM				
<u>WEAPONS</u> white-black			8-9:00PM			
<u>JIU-JITSU / BJJ</u> green-black		7:30-8:30PM				
<u>JIU-JITSU / BJJ</u> white-black	6:30-8:00PM	8:30-10PM	7:30-9:00PM	9-10:30PM		11-12:30PM
<u>KUNG FU</u> no-sash-black	7-8:00PM		7-8:00PM			
<u>KUNG FU</u> green-black		7:30-8:30PM				



# SHUHARI & BARRIE BJJ

## TRAINING SCHEDULE

### KIDS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
NOVICE-C (5-9)	4:15-5:15PM Karate		4:15-5:15PM Jiu-Jitsu			White - Red
NOVICE-A (5-9)		5:30-6:30PM Jiu-Jitsu		5:30-6:30PM Karate		White - Red
NOVICE-B (5-9)		5:30-6:30PM Karate		5:30-6:30PM Jiu-Jitsu		White - Red
ALL NOVICE (5-9) INVITATION ONLY			5:30-6:15PM Kung Fu			
JUNIOR 9-13	5:15-6:15PM Karate		5:15-6:15PM Jiu-Jitsu			White - Orange
SENIOR 9-13		6:30-7:30PM Jiu-Jitsu		6:30-7:30PM Karate		Green - Brown
ALL 9-13 INVITATION ONLY			6:15-7:00PM Kung Fu			

Modified March 2009