

Team 1 Training Center Recreational Classes J

Classes	Mon Time (Age)	Tues Time (Age)	Wed Time (Age)
Children's Jiu-Jitsu & Self Defense	3:30-4:30 (H.S.) 5:00-5:45 (4-8) 5:45-6:30 (8-12)	5:00-5:45 (4-8) 5:45-6:30 (6-12) 6:30-7:15 (10-13)	3:30-4:30 (H.S.) 5:00-5:45 (4-8) 5:45-6:30 (8-12)
Women's Only Jiu-Jitsu	6:30-7:15 (13+)	Women's Self Defense 6:30	6:30-7:15 (13+)
Tournament BJJ	7:15-8:30 (13+)		7:15-8:30 (13+)
Kickboxing/ MMA		7:15-8:30 (13+)	
Olympic Karate	5:45-6:15 (3-4) 6:15-7:15 (5-12) 7:30-8:30 (13+)		5:45-6:15 (3-4) 6:15-7:15 (5-12) 7:30-8:30 (13+)
Shotokan Karate		5:45-6:15 (3-4) 6:15-7:15 (5-12) 7:30-8:30 (13+)	
Italian Stick Fencing	By Seminar	or	Private
Archery			
Bridge Games	12:00 Open Game	12:30 0-1500	
Bridge Classes	Starts Feb 3 10:00 Play of the Hand		Starts Jan 29 10:00 2 over 1 1:00 Begining Bridge

an 1st, 2020 - April 30, 2020.

Thurs Time (Age)	Fri Time (Age)	Sat Time (Age)		
5:00-5:45 (4-8) 5:45-6:30 (6-12) 6:30-7:15 (10-13)		10:00-10:45 (ALL AGES)		
Women's Self Defense 6:30	WSD 5:45-6:15 (45+)			
7:15-8:30 (13+)				
	4:30-5:30 (H.S.)			
5:45-6:15 (3-4) 6:15-7:15 (5-12) 7:30-8:30 (13+)				
Instruction	Only			
	6:30-7:15	10:45-11:30		
12:30 0-750				

