

TEAM RANDORI MARTIAL ARTS TRAINING SCHEDULE



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|----------------------------------|-----------------------------------|------------------------------|-----------------------------------|----------------------------------|-------------------------|
| 6:30-7:30 | | Adult BJJ All Levels | | Adult BJJ All Levels | | |
| 9:30-10:30 | | | | | | |
| 9:45-10:30 | | | | | | Kids BJJ 6-16 |
| 10:30-11:30 | | | | | | Adult BJJ All Levels |
| 11:00-12:00 | | | | | | |
| 11:30-12:30 | | | | | | |
| 12:30-1:30 | | | | | | |
| 3:30-5:00 | | | | | | |
| 5:00-5:45 | Kids BJJ 3 – 6 Year Old | Kids BJJ 6-16 All Levels | | Kids BJJ 6-16 All Levels | Kids BJJ 3 – 6 Year Old | |
| 5:45-6:30 | Kids BJJ 6 – 16 All Levels | Kids BJJ Grey Belt or Above | Kids Competition Team | Kids BJJ Grey Belt of Above | Kids BJJ 6 – 16 All Levels | |
| 6:30-7:30 | No-GI Adult BJJ | Ladies BJJ | Adult Competition Team | Ladies BJJ | No-GI Adult BJJ | |
| 7:30-8:30 | Adult BJJ Fundamentals | Open Mat | Adult BJJ Fundamentals | Open Mat | Adult BJJ Fundamentals | |
| 8:30-9:30 | Adult BJJ Intermediate | | Adult BJJ Intermediate | | Adult BJJ Intermediate | |