

# JUDO PRACTICE SCHEDULE

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| <b>SUNDAY</b>    | 2:00PM<br>-3:00PM<br>3:00PM<br>-5:00PM   | <b>BROWN BELT CLASS</b><br><br><b>GIRLS' INTER-CLUB<br/>COMPETITION PRACTICE</b>  | <b>SENSEI STEVE</b><br><br><b>SENSEI STEVE</b>   |
| <b>MONDAY</b>    | 6:00PM<br>-7:30PM  | <b>OPEN MAT PRACTICE</b>  | <b>COACH MATT</b>  |
| <b>TUESDAY</b>   | 6:00PM<br>-7:30PM  | <b>MIDDLE &amp; HIGH SCHOOL<br/>CLASS</b>   | <b>SENSEI GINA</b>   |
| <b>WEDNESDAY</b> | 5:00PM<br>-6:00PM<br>6:00PM<br>-7:30PM<br>7:30PM<br>- 9:00PM                       | <b>K-6TH GRADE CLASS</b><br><br><b>TEENS &amp; ADULTS CLASS</b><br><br><b>OPEN MAT PRACTICE</b>   | <b>SENSEI STEVE</b><br><br><b>SENSEI STEVE</b><br><br><b>COACH SHINTARO</b>                          |
| <b>THURSDAY</b>  | 6:00PM<br>-7:30PM  | <b>MIDDLE &amp; HIGH SCHOOL<br/>CLASS</b>   | <b>SENSEI GINA</b>   |
| <b>FRIDAY</b>    | 4:00PM<br>-5:00PM<br>5:00PM<br>-6:00PM<br>6:00PM<br>-7:30PM<br>7:30PM<br>- 9:00PM  | <b>ADAPTIVE JUDO CLASS</b><br><br><b>K-6TH GRADE CLASS</b><br><br><b>TEENS &amp; ADULTS CLASS</b><br><br><b>MIDDLE &amp; HIGH SCHOOL<br/>CLASS</b>  | <b>SENSEI TYLER</b><br><br><b>SENSEI STEVE</b><br><br><b>SENSEI STEVE</b><br><br><b>SENSEI DEREK</b> |
| <b>SATURDAY</b>  | 7:15AM<br>-8:30AM<br>8:00AM<br>-9:00AM<br>9:00AM<br>-11:00AM<br>12:00PM<br>-1:00PM | <b>NAGEKOMI PRACTICE</b><br><br><b>PROMOTION SKILLS<br/>TECHNIQUE CLASS</b><br><b>OPEN MAT PRACTICE</b><br><br><b>F.I.T. (FALLING IS A TECHNIQUE)<br/>SAFE FALLING CLASS</b><br>(PRE-REGISTRATION REQUIRED) | <b>SENSEI GINA</b><br><br><b>SENSEI KEVIN</b><br><br><b>COACH MATT</b><br><br><b>SENSEI RUSSELL</b>  |