

	MON	TUE	WED	THU	FRI	SAT	SUN & HOL
7:00							
8:00	Basic Class 30min & Sparring Class 30min 7:30~8:30		Basic Class 30min & Sparring Class 30min 7:30~8:30		Basic Class 30min & Sparring Class 30min 7:30~8:30		
9:00	Drill Time		Drill Time		Drill Time		
10:00						Family can participate !	
11:00							Beginner Class 45min & Sparring Class 30min 10:00~11:15
12:00						Kids BJJ(6~12) 11:30~12:30	All Level Class 45min & Sparring Class 60min 11:30~13:15
13:00						Beginner Class 45min & Sparring Class 30min 13:00~14:15	Q&A Class 30min 13:15~13:45
14:00							
15:00						All Level Class 45min & Sparring Class 60min 14:30~16:15	Competition Class 75min 14:15~15:30 (Only Sunday)
16:00							
17:00	Kids BJJ(6~12) 17:00~18:00				Kids BJJ(6~12) 17:00~18:00		
18:00							
19:00	Basic Class 45min & Sparring Class 45min 18:30~20:00	Beginner Class 45min & Sparring Class 30min 18:30~19:45	Basic Class 45min & Sparring Class 45min 18:30~20:00	Beginner Class 60min & Sparring Class 60min 18:30~20:30	All Level Class 20min & Sparring Class 55min 18:30~19:45		
20:00					No-Gi Class 30min & Sparring Class 30min 20:00~21:00		
21:00	All Level Class 50min & Sparring Class 60min 20:10~22:00	All Level Class 60min & Sparring Class 60min 20:00~22:00	All Level Class 50min & Sparring Class 60min 20:10~22:00	Basic Class 30min & Sparring Class 45min 20:45~22:00	Basic Class 30min & Sparring Class 30min 21:15~22:15		
22:00	Drill Time	Drill Time	Drill Time	Drill Time	Drill Time		
22:30							

Regular holiday : 9th,19th,29th

- We open 20 minutes before class starts.
- If you continue to participate in the class after sparring, change into another clean Gi.
- Competition Class Eligibility: White belts with 3+ stripes or higher