

Class Schedule — RGD 1.0

MONDAY

- **7:00am - 8:00am · Adults**
Fundamentals
- **5:00pm - 6:00pm · Juniors**
Ages 7-11
- **6:00pm - 7:00pm · Adults**
Fundamentals, NO GI
- **7:15pm - 8:45pm · Adults**
Fundamentals

WEDNESDAY

- **7:00am - 8:00am · Adults**
Fundamentals
- **4:15pm - 5:00pm · Kids**
Ages 5-7
- **5:00pm - 6:00pm · Juniors**
Ages 7-11
- **6:00pm - 7:00pm · Adults**
Beginners
- **7:15pm - 8:45pm · Adults**
Comp Session

FRIDAY

- **7:00am - 8:00am · Adults**
Fundamentals, NO GI
- **6:00pm - 7:30pm · Adults**
Sparring (Fundamentals)

TUESDAY

- **12:00pm - 1:00pm · Adults**
Fundamentals
- **4:15pm - 5:00pm · Kids**
Ages 5-7
- **5:00pm - 6:00pm · Juniors**
Ages 7-11
- **6:00pm - 7:00pm · Adults**
Advanced & Women's Class
- **7:15pm - 8:15pm · Adults**
Beginners
- **8:30pm - 9:30pm · Adults**
Judo

THURSDAY

- **12:00pm - 1:00pm · Adults**
Fundamentals
- **4:15pm - 5:00pm · Kids**
Ages 5-7
- **5:00pm - 6:00pm · Juniors**
Ages 7-11
- **6:15pm - 7:30pm · Adults**
Advanced
- **7:30pm - 8:30pm · Adults**
Beginners & Women's Class
- **8:30pm - 9:30pm · Adults**
Judo

SATURDAY

- **11:00am - 12:00pm · Adults**
Fundamentals

SUNDAY

- **10:00am - 11:30am · ADULTS**
Open Mat

- JUDO: This activity has its own membership
- Walk-ins: Mat fees \$30 per session. Email us before you show up
- Gi rentals: \$15 rentals
- Loaner gis are included ONLY for Intro Session
- Fundamentals: this program is designed to cater to everyone's needs, ensuring progress at every level
- Women's Class: Saturday at 10am, twice a month