

Japanese Martial Arts Center Class Schedule (Summer 2010)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Judo - Open 10:00–10:45am
					laido - Open 11:00 am–Noon	Judo – Int 10:45-11:30am
Kendo Noon- 3:00pm		Judo/Jujutsu (Grappling) Noon–1:00pm	Jujutsu - Open Noon–1:00pm	Judo - Open Noon–1:00pm	Jujutsu - Open Noon–1:00pm	Judo-Randori 11:30-Noon
			MMA Concepts 1:00-2:00pm			Open Mat Noon-1:00pm
						Jujutsu - Open 1:00-2:00pm
	Youth Judo 5:00-6:00pm				Judo/Jujutsu (Grappling) 5:30–6:30pm	MMA Concepts 2:00-3:00pm
	Open Mat 6:00-8:00pm	laido - Open 6:00–7:00pm	Judo-Open 6:00–7:00pm	laido - Open 6:00–7:00pm	Judo - Randori 6:30–7:30pm	laido – Open 3:00–4:00pm
		Jujutsu - Basic 7:00–7:45pm	Judo-Randori 7:00–7:30pm	Jujutsu - Basic 7:00–7:45pm		laido – Adv 4:00–4:30pm
	Adv Training 8:00-9:00pm	Jujutsu - Int 7:45–8:30pm	laido - Open 7:30–8:30pm	Jujutsu - Int 7:45–8:30pm		
		Jujutsu - Adv 8:30–9:00pm	laido - Adv 8:30–9:00pm	Jujutsu - Adv 8:30–9:00 pm		

Judo

Monday: 5:00 – 6:00 pm (Youth)
(by invitation only)

Tuesday: Noon – 1:00 pm (Grappling)

Wednesday: 6:00 – 7:00 pm (Open)
7:00 – 7:30 pm (Randori)

Thursday: Noon – 1:00 pm (Open)

Friday: 6:00 – 7:00 pm (Grappling)
7:00 – 7:30 pm (Randori)

Saturday: 10:00 – 10:45 am (Basic)
(Includes parent/youth)
10:45 - 11:30 pm (Intermediate)
11:30 – Noon (Randori)

Nihon Jujutsu

Tuesday: Noon – 1 pm (Grappling)
7:00 – 7:45 pm (Basic)
7:45 – 8:30 pm (Intermediate)
8:30 – 9:00 pm (Advanced)

Wednesday: Noon – 1:00 pm (Open)

Thursday: 7:00 – 7:45 pm (Basic)
7:45 – 8:30 pm (Intermediate)
8:30 – 9:00 pm (Advanced)

Friday: Noon – 1:00 pm (Open)
5:30 – 6:30 pm (Grappling)

Saturday: 1:00 – 2:00 pm (Open)

laido

Tuesday: 6:00 – 7:00 pm (Open)

Wednesday: 7:30 – 8:30 pm (Open)
8:30 – 9:00 pm (Advanced)

Thursday: 6:00 – 7:00 pm (Open)

Friday: 11:00 am – Noon (Open)

Saturday: 3:00 – 4:00 pm (Open)
4:00 – 4:30 pm (Advanced)

Kendo

Sunday: Noon – 1:00 pm (Basic)
1:00 – 3:00 pm (Open)

MMA Concepts

Wednesday: 1:00 – 2:00 pm
Saturday: 2:00 – 3:00 pm

Open Mat

Monday: 6:00 – 8:00 pm (JMAC members only)
8:00 – 9:00 pm (Advanced–invitation only)

Saturday: Noon – 1:00 pm (JMAC members only)