

Japanese Martial Arts Center Class Schedule (Fall 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					MMA Concepts 2:00–3:00pm
	Open Mat 6:00-8:00pm	laido - Int 6:00–7:00pm	Judo-Open 6:00–7:00pm	laido - Int 6:00–7:00pm	Judo/Jujutsu (Grappling) 6:00–7:00pm	laido – Open 3:00–4:00pm
		Jujutsu- Basic 7:00–7:45pm	Judo – Randori 7:00–7:30 pm	Jujutsu - Basic 7:00–7:45pm	Judo – Randori 7:00–8:00 pm	laido – BB Only 4:00–4:30pm
		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 – BB only 8:30–9:00 pm	Jujutsu - Adv 8:30–9:00 pm		

Judo

Monday: 5:00 – 6:00 pm (Youth)
 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 – 8:00 pm (Randori)
 Saturday: 10:00 – 10:45 am (Basic/parent/youth)
 10:45 - 11:30 pm (Intermediate)
 11:30 – Noon (Randori)

Nihon Jujutsu

Tuesday: Noon – 1 pm (Grappling)
 7:00 – 7:50 pm (Basic)
 7:45 – 8:30 pm (Intermediate)
 8:30 – 9:00 pm (Advanced)
 Wednesday Noon – 1 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 (Intermediate)
 Wednesday: 7:30 – 8:30 pm (Open)
 8:30 – 9:00 pm (Black Belts Only)
 Thursday: 6:00 – 7:00 pm (Intermediate)
 Friday: 11:00 am – Noon (Open)
 Saturday: 3:00 – 4:00 pm (Open)
 4:00 – 4:30 pm (Black Belts Only)

Kendo

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

MMA Concepts

Tuesday: Noon – 1:00 pm (Grappling)
 Wednesday: 1:00 – 2:00 pm
 Friday: 6:00 – 7:00 pm (Grappling)
 Saturday: 2:00 – 3:00 pm

Open Mat

Monday: 6:00 – 8:00 pm (JMAC members only)
 Saturday: Noon – 1:00 pm (JMAC members only)