

Heijoshin Schedule

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						
9:15 AM		Adult All Rank 9:15 AM - 10:15 AM		Adult All Rank 9:15 AM - 10:15 AM		
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						Adult Sparring & Randori Bring Gear 11:00 AM - 12:00 PM
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						

PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 PM						
4:15 PM	Little Ninjas 4:15 PM - 4:45 PM		Little Ninjas 4:15 PM - 4:45 PM		Little Ninjas 4:15 PM - 4:45 PM	
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM	Youth Beginner - Yellow	Youth Beginner - Yellow	Youth Green - Brown	Youth Beginner - Yellow	Youth Green - Brown	
5:30 PM	5:00 PM - 5:45 PM	5:00 PM - 5:45 PM	5:00 PM - 5:45 PM	5:00 PM - 5:45 PM	5:00 PM - 5:45 PM	
5:45 PM						
6:00 PM	Youth Green - Brown	Youth Sparring Yellow - Brown	Youth Beginner - Yellow	Youth Green - Brown	Youth Beginner - Yellow	
6:15 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	
6:30 PM						
6:45 PM						
7:00 PM	Adult All Ranks	Adult Sparring Bring Gear	Adult All Ranks	Adult Brazilian Jiu Jitsu	Adult Green - Black	
7:15 PM	7:00 PM - 8:00 PM	7:00 PM - 8:00 PM	7:00 PM - 8:00 PM	7:00 PM - 8:00 PM	7:00 PM - 8:00 PM	
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM		Adult Brazilian Jiu Jitsu 8:15 PM - 9:15 PM	Adult Brazilian Jiu Jitsu 8:15 PM - 9:15 PM	Adult All Ranks 8:15 PM - 9:15 PM		
8:30 PM						
8:45 PM						
9:00 PM						
9:15 PM						
9:30 PM						
9:45 PM						
10:00 PM						