

Heijoshin Summer 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						

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