# NAKANO JUDO ACADEMY CLASS SCHEDULE

中野柔道塾

For more information, visit: http://www.nakanojudo.net/

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| | | | | | **Kids & Juniors Judo**<br>(Ages 5-12)<br>9:00 AM - 10:00 AM |
| | | | | | **Competition Training**<br>(For All Competitors)<br>10:00 AM - 11:00 AM |
| | | | | | **Elite Performance Program**<br>(Invitation Only)<br>11:15 AM - 12:15 PM |
| | | | | | |
| **Kids Judo**<br>(Ages 5-6)<br>4:30 PM - 5:20 PM | | **Kids Judo**<br>(Ages 5-6)<br>4:30 PM - 5:20 PM | | | |
| **Juniors Judo**<br>(Ages 7-12)<br>5:30 PM - 6:30 PM | | **Juniors Judo**<br>(Ages 7-12)<br>5:30 PM - 6:30 PM | | Private Lessons Available<br>By Appointment Only | |
| **Juniors: Advanced**<br>(Ages 7-12)<br>6:30 PM - 6:50 PM | **Juniors Judo**<br>(Ages 7-12)<br>5:30 PM - 6:30 PM | **Juniors: Advanced**<br>(Ages 7-12)<br>6:30 PM - 6:50 PM | **Juniors Judo**<br>(Ages 7-12)<br>5:30 PM - 6:30 PM | | |
| **Adult All-Levels Training**<br>(Ages 13+)<br>7:00 PM - 8:00 PM | **Adult Fundamentals (Ground)**<br>(Ages 13+)<br>6:45 PM - 7:45 PM | **Adult All-Levels Training**<br>(Ages 13+)<br>7:00 PM - 8:00 PM | **Adult Fundamentals (Standing)**<br>(Ages 13+)<br>6:45 PM - 7:45 PM | **Judo & BJJ Takedowns**<br>(Ages 13+)<br>7:00 PM - 8:00 PM | |
| **Live Sparring (Randori)**<br>(Ages 13+)<br>8:00 PM - 8:30 PM | **Live Sparring (Randori)**<br>(Ages 13+)<br>7:45 PM - 8:15 PM | **Live Sparring (Randori)**<br>(Ages 13+)<br>8:00 PM - 8:30 PM | **Live Sparring (Randori)**<br>(Ages 13+)<br>7:45 PM - 8:15 PM | **Grip Fighting & Strategy**<br>(Ages 13+)<br>8:00 PM - 9:00 PM | |
| **Open Mat**<br>After Class until 9:00 PM | **Open Mat**<br>After Class until 9:00 PM | **Open Mat**<br>After Class until 9:00 PM | **Open Mat**<br>After Class until 9:00 PM | | |