

NAKANO JUDO ACADEMY WEEKLY SCHEDULE



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					All Level Judo (Ages 5 and up) 9:00AM-10:00AM
					Competition Training (Competitors) 10:00AM-11:00AM
					Elite Judo Program (Invitation only) 11:15AM-12:15AM
					Private Lessons Available After Classes
Judo Fundamentals (Ages 5-6) 4:30PM-5:20PM		Judo Fundamentals (Ages 5-6) 4:30PM-5:20PM			
Fundamentals & Olympic Techniques (Ages 7-12) 5:30PM-6:30PM	Agility & Conditioning (Ages 7-12) 5:30PM-5:50PM	Fundamentals & Olympic Techniques (Ages 7-12) 5:30PM-6:30PM	Agility & Conditioning (Ages 7-12) 5:30PM-5:50PM	Private Lessons Available any time	
Junior Olympic Sparring (Ages 7-12) 6:30PM-6:50PM	Fundamentals & Olympic Techniques (Ages 7-12) 5:30PM-6:30PM	Junior Olympic Sparring (Ages 7-12) 6:30PM-6:50PM	Fundamentals & Olympic Techniques (Ages 7-12) 5:30PM-6:30PM		
Adults Technique Progressions (Ages 13 and up) 7:00PM-8:00PM	Strength & Conditioning (Ages 13 and up) 7:00PM-7:30PM	Adults Technique Progressions (Ages 13 and up) 7:00PM-8:00PM	Strength & Conditioning (Ages 13 and up) 7:00PM-7:30PM		
Sparring (Randori) (Ages 13 and up) 8:00PM-8:30PM	Ground Fundamentals & Progressions (Ages 13 and up) 7:30PM-8:30PM	Sparring (Randori) (Ages 13 and up) 8:00PM-8:30PM	Standing Fundamentals & Progressions (Ages 13 and up) 7:30PM-8:30PM		
Open Mat 830PM-9:00PM	Ground Sparring Proficiency (Ages 13 and up) 8:30PM-9:00PM	Open Mat After Class-9:00PM	Standing Sparring Proficiency (Ages 13 and up) 8:30PM-9:00PM		