

# NAKANO JUDO ACADEMY WEEKLY SCHEDULE



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>All Level Judo</b> (Ages 5 and up) 9:00AM-10:00AM
					<b>Competition Training</b> (Competitors) 10:00AM-11:00AM
					<b>Elite Judo Program</b> (Invitation only) 11:15AM-12:15AM
					Private Lessons Available After Classes
<b>Judo Fundamentals</b> (Ages 5-6) 4:30PM-5:20PM	<b>Agility &amp; Conditioning</b> (Ages 7-12) 5:10PM-5:30PM	<b>Judo Fundamentals</b> (Ages 5-6) 4:30PM-5:20PM	<b>Agility &amp; Conditioning</b> (Ages 7-12) 5:10PM-5:30PM		
<b>Fundamentals &amp; Olympic Techniques</b> (Ages 7-12) 5:30PM-6:30PM	<b>Fundamentals &amp; Olympic Techniques</b> (Ages 7-12) 5:30PM-6:30PM	<b>Fundamentals &amp; Olympic Techniques</b> (Ages 7-12) 5:30PM-6:30PM	<b>Fundamentals &amp; Olympic Techniques</b> (Ages 7-12) 5:30PM-6:30PM	Private Lessons Available any time	
<b>Junior Olympic Sparring</b> (Ages 7-12) 6:30PM-6:50PM	<b>Strength &amp; Conditioning</b> (Ages 13 and up) 6:40PM-7:00PM	<b>Junior Olympic Sparring</b> (Ages 7-12) 6:30PM-6:50PM	<b>Strength &amp; Conditioning</b> (Ages 13 and up) 6:40PM-7:00PM		
<b>Adults Technique Progressions</b> (Ages 13 and up) 7:00PM-8:00PM	<b>Ground Fundamentals &amp; Progressions</b> (Ages 13 and up) 7:00PM-8:00PM	<b>Adults Technique Progressions</b> (Ages 13 and up) 7:00PM-8:00PM	<b>Standing Fundamentals &amp; Progressions</b> (Ages 13 and up) 7:00PM-8:00PM		
<b>Sparring (Randori)</b> (Ages 13 and up) 8:00PM-8:30PM	<b>Ground Sparring Proficiency</b> (Ages 13 and up) 8:00PM-8:30PM	<b>Sparring (Randori)</b> (Ages 13 and up) 8:00PM-8:30PM	<b>Standing Sparring Proficiency</b> (Ages 13 and up) 8:00PM-8:30PM		
<b>Open Mat</b> 830PM-9:00PM	<b>Open Mat</b> After Class-9:00PM	<b>Open Mat</b> After Class-9:00PM	<b>Open Mat</b> After Class-9:00PM		