

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
Kids (Ages 5-6) 4:30PM-5:20PM		Kids (Ages 5-6) 4:30PM-5:20PM			
Juniors (Ages 7-12) 5:30PM-6:30PM	Core Development (Ages 7-12) 5:30PM-5:50PM	Juniors (Ages 7-12) 5:30PM-6:30PM	Core Development (Ages 7-12) 5:30PM-5:50PM	Private Lessons Available any time	
Advanced Juniors (Ages 7-12) 6:30PM-6:50PM	Juniors (Ages 7-12) 5:50PM-6:50PM	Advanced Juniors (Ages 7-12) 6:30PM-6:50PM	Juniors (Ages 7-12) 5:50PM-6:50PM		
Adults (Ages 13 and up) 7:00PM-8:00PM	Strength & Conditioning (Ages 13 and up) 7:00PM-7:30PM	Adults (Ages 13 and up) 7:00PM-8:00PM	Strength & Conditioning (Ages 13 and up) 7:00PM-7:30PM		
Advanced Adults (Ages 13 and up) 8:00PM-8:30PM	Fundamentals & Technical (Ages 13 and up) 7:30PM-8:30PM	Advanced Adults (Ages 13 and up) 8:00PM-8:30PM	Fundamentals & Technical (Ages 13 and up) 7:30PM-8:30PM		
Open Mat After Class-9:00PM	Open Mat After Class-9:00PM	Open Mat After Class-9:00PM	Open Mat After Class-9:00PM		