

NAKANO JUDO ACADEMY CLASS SCHEDULE



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					All-Ages Judo (Ages 5+) 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' Fundamentals (Ages 5-6) 4:30PM-5:20PM	Athletic Development (Ages 7-12) 5:10PM-5:30PM	Kids' Fundamentals (Ages 5-6) 4:30PM-5:20PM	Athletic Development (Ages 7-12) 5:10PM-5:30PM	Private Lessons Available any time	
Juniors Fundamentals (Ages 7-12) 5:30PM-6:30PM	Juniors Fundamentals (Ages 7-12) 5:30PM-6:30PM	Juniors Fundamentals (Ages 7-12) 5:30PM-6:30PM	Juniors Fundamentals (Ages 7-12) 5:30PM-6:30PM		
Advanced Juniors (Ages 7-12) 6:30PM-6:50PM	Judo Fitness & Conditioning (Ages 13+) 6:40PM-7:00PM	Advanced Juniors (Ages 7-12) 6:30PM-6:50PM	Judo Fitness & Conditioning (Ages 13+) 6:40PM-7:00PM		
Adults All Technique Progressions (Ages 13+) 7:00PM-8:00PM	Adults Fundamentals & Progressions (Ages 13+) 7:00PM-8:00PM	Adults All Technique Progressions (Ages 13+) 7:00PM-8:00PM	Adults Fundamentals & Progressions (Ages 13+) 7:00PM-8:00PM	Top Takedowns for Judo & Jiu-Jitsu (Ages 13+) 7:00PM-8:00PM	
Sparring (Randori) (Ages 13+) 8:00PM-8:30PM	Sparring (Randori) (Ages 13+) 8:00PM-8:30PM	Sparring (Randori) (Ages 13+) 8:00PM-8:30PM	Sparring (Randori) (Ages 13+) 8:00PM-8:30PM	Gripping for Judo & Jiu-Jitsu (Ages 13+) 8:00PM-9:00PM	
Open Mat 830PM-9:00PM	Open Mat 830PM-9:00PM	Open Mat After Class-9:00PM	Open Mat After Class-9:00PM		