

NAKANO JUDO ACADEMY CLASS SCHEDULE



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kids & Juniors All-Level (Ages 5-12) 9:00 AM - 10:00 AM
					Competition Training (For All Competitors) 10:00 AM - 11:00 AM
					Elite Performance Program (Invitation only) 11:15 AM - 12:15 PM
Kids' Fundamentals (Ages 5-6) 4:30 PM - 5:20 PM		Kids' Fundamentals (Ages 5-6) 4:30 PM - 5:20 PM			
Junior Olympic Techniques & Training (Ages 7-12) 5:30 PM - 6:30 PM		Junior Olympic Techniques & Training (Ages 7-12) 5:30 PM - 6:30 PM		Private Lessons Available Anytime	
Junior Performance Team (Ages 7-12) 5:30 PM - 6:50 PM	Junior Fundamentals (Ages 7-12) 5:30 PM - 6:30 PM	Junior Performance Team (Ages 7-12) 5:30 PM - 6:50 PM	Junior Fundamentals (Ages 7-12) 5:30 PM - 6:30 PM		
Adult All-Level Technical Training (Ages 13+) 7:00 PM - 8:00 PM	Ground Fundamentals & Progressions (Ages 13+) 6:45 PM - 7:45 PM	Adult All-Level Technical Training (Ages 13+) 7:00 PM - 8:00 PM	Standing Fundamentals & Progressions (Ages 13+) 6:45 PM - 7:45 PM	Top Takedowns Lab for Judo & Jiu-Jitsu (Ages 13+) 7:00 PM - 8:00 PM	
Sparring (Randori) (Ages 13+) 8:00 PM - 8:30 PM	Sparring (Randori) (Ages 13+) 7:45 PM - 8:15 PM	Sparring (Randori) (Ages 13+) 8:00 PM - 8:30 PM	Sparring (Randori) (Ages 13+) 7:45 PM - 8:15 PM	Gripping Lab for Judo & Jiu-Jitsu (Ages 13+) 8:00 PM - 9:00 PM	
Open Training After Class - 9:00 PM	Open Training After Class - 9:00 PM	Open Training After Class - 9:00 PM	Open Training After Class - 9:00 PM		