

KAIZEN

JUDO CLUB

2011-2012 CLASS SCHEDULE

Note: No Judo or X-Training on Saturdays over the Summer (July & August)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1:00pm - 2:15pm	12:00noon - 12:45pm		1:00pm - 2:15pm		
	Home Schooler's Judo Class Open Belt Ages 5 & Up	X-Training		Home Schooler's Judo Class Open Belt Ages 5 & Up		
	5:00pm - 5:45pm	5:00pm - 6:00pm	5:00pm - 5:45pm	5:00pm - 6:00pm	5:00pm - 5:45pm	12:00noon - 1:30pm
	Kids Beginnners Ages 5 to 8	X-Training	Kids Beginnners Ages 5 to 8	X-Training	Kids Beginnners Ages 5 to 8	Pre-Competitive & Elite Competitive Judo Open Age
	5:45pm - 6:45pm	6:00pm - 7:00pm	5:45pm - 6:45pm	6:00pm - 7:00pm	6:00pm - 7:30pm	1:30pm - 2:30pm
	Kids Recreational Judo Ages 5 to 8	Youth Beginners Judo Ages 9 to 12	Kids Recreational Judo Ages 5 to 8	Youth Beginners Judo Ages 9 to 12	<i>Woman's Only Judo Class Open Belts</i>	X-Training
	6:45pm - 8:00pm	7:00pm - 8:00pm	6:45pm - 8:00pm	7:00pm - 8:00pm	7:30pm - 9:00pm	
	Youth Pre-Competitive & Elite Competitive Judo	Youth Advanced Judo Ages 8 to 12	Youth Pre-Competitive & Elite Competitive Judo	Youth Advanced Judo Ages 8 to 12	Pre-Competitive & Elite Competitive Judo Open Age	
	8:00pm - 9:30pm	8:00pm - 9:30pm	8:00pm - 9:30pm	8:00pm - 9:30pm		
	Teens & Adults Competitive Judo Ages 13+	Teens & Adults Recreational Judo Ages 13+	Teens & Adults Competitive Judo Ages 13+	Teens & Adults Recreational Judo Ages 13+		

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In the spirit of continuous improvement.

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