

CDJJ Weekly Schedule

MINI'S/KIDS/JUNIORS SCHEDULE

MONDAY (NO-GI)

— MINI'S 4:00 PM —

— KIDS 4:35 PM —

— JUNIORS 5:25 PM —

TUESDAY (GI)

— MINI'S 4:00 PM —

— KIDS 4:35 PM —

— JUNIORS 5:25 PM —

WEDNESDAY (NO-GI)

— KIDS 4:15 PM —

— JUNIORS 4:15 PM —

THURSDAY (NO-GI)

— MINI'S 4:00PM —

— KIDS 4:35 PM —

— JUNIORS 5:25 PM —

FRIDAY

— EVENT DAY. —

LAST FRIDAY OF THE MONTH

CLASS AGE REQUIREMENT

— MINI'S 4-6 years —

— KIDS 7-10 YEARS —

— JUNIORS 11-14 years —

— Adults 15+ years —

CDJJ CLASS INFORMATION

ALL KIDS CLASS PLACEMENT SUBJECT TO CHANGE DUE TO-
AGE / WEIGHT / EXPERIENCE

— WOMENS 5:10 PM - WOMEN ONLY —

— FRIDAY EVENTS ON YEARLY CALENDAR —

ADULT SCHEDULE

MONDAY (NO-GI)

— ADULTS 6:15 PM —

TUESDAY (GI)

— ADULTS 11:30 AM —

— ADULTS 6:15 PM —

WEDNESDAY (NO-GI)

— WOMENS 5:10 PM —

— ADULTS 6:15 PM —

THURSDAY

· ADULTS 11:30 AM (NO-GI) ·

— ADULTS 6:15 PM (GI) —

SUNDAY

— OPEN MAT 8:00 AM —

— 1ST / 3RD / 5TH (GI) —

— 2ND / 4TH (NO-GI) —