NJJA 2020 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00AM		Adult – GI All Levels		Adult – GI All Levels		Adult – GI All Levels	
9:00-10:30AM							90 Min Adult – GI All Levels
9:00–11:00AM	Open Mat Every 2nd Sunday of the month Intermediate						
11:00AM - 12:00PM		Adult – GI Intermediate	Adult – GI Fundamentals	Adult – GI Intermediate	Adult – GI Fundamentals		
12PM							
4:30-5:00PM			Kids Class 3-5 year olds		Kids Class 3-5 year olds		
5:00-5:50PM			Kids Class 6-12 year olds		Kids Class 6-12 year olds		
6:00-7:00PM						Adult – GI Fundamentals	
7:00-8:00PM		Adult – GI Fundamentals	90 Min Adult – Gi Advanced	Adult – GI Fundamentals	90 Min Adult – Gi Advanced		
8:00-9:00PM		30 minutes Open Roll		Adult - NO GI All Levels			

Fundamentals = technique for all belts

Intermediate = technique + roll for all beltsAdvanced = technique + roll for White Belt 3 Degrees to Black Belt

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