

2019 SCHEDULE

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CJR MARTIAL ARTS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					INTRODUCTORY & White Belts 9:00-9:30
					Orange Belt thru Purple Belt 9:30-10:15
AFTER SCHOOL 4:30-5:15	AFTER SCHOOL 4:30-5:15	AFTER SCHOOL 4:30-5:15	AFTER SCHOOL 4:30-5:15	AFTER SCHOOL (SPARRING) 4:30-5:15	Blue Belt thru Adv. Brown Belt 10:15-11:00
INTRODUCTORY & White Belts 5:15-5:45	INTRODUCTORY & White Belts 5:15-5:45	INTRODUCTORY & White Belts 5:15-5:45	INTRODUCTORY & White Belts 5:15-5:45	9yo & Under (SPARRING) 5:15-6:00	ALL WEAPONS 11:00-12:00
Orange & Gold Belts 5:45-6:30	Green & Purple Belts 5:45-6:30	Orange & Gold Belts 5:45-6:30	Green & Purple Belts 5:45-6:30	10-12yo (SPARRING) 6:00-6:45	<i>Dave Anderson's Krav Maga</i> 12:00pm-2:00pm
Brown & Adv. Brown Belts 6:30-7:15	Blue & Red Belts 6:30-7:15	Brown & Adv. Brown Belts 6:30-7:15	Blue & Red Belts 6:30-7:15	13yo+ & BLACK BELTS (SPARRING) 6:45-7:30	
ALL BELTS 7:15-8:00	ALL BELTS 7:15-8:00	ALL BELTS 7:15-8:00	ALL BELTS 7:15-8:00	TEAM CJR 7:30-8:30	
BLACK BELTS 8:00-9:00	BLACK BELTS 8:00-9:00	BLACK BELTS 8:00-9:00	<i>Dave Anderson's Krav Maga</i> 8:00pm-10:00pm		
CHIKARA 9:00-9:45		CHIKARA 9:00-9:45			