

VALOUR HQ TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
MAT 1	MAT 1	MAT 1	MAT 1	MAT 1	MAT 1	MAT 1
	07:00 AM ADULTS ALL LEVELS	07:00 AM ADULTS ALL LEVELS	07:00 AM ADULTS ALL LEVELS	07:00 AM NO-GI ALL LEVELS	09:00 AM KIDS COMPETITION CLASS INVITATION ONLY	
					10:00 AM TINY KNIGHTS	
					10:30 AM LITTLE KNIGHTS 1	10:30 AM LITTLE KNIGHTS 2
					11:30 AM FUNDAMENTALS ADULTS	11:30 AM JUNIORS & TEENS ALL LEVELS
12:30 PM ADULTS ALL LEVELS	12:30 PM ADULTS ALL LEVELS	12:30 PM NO-GI ALL LEVELS	12:30 PM ADULTS ALL LEVELS	12:30 PM ADULTS ALL LEVELS	12:30 PM INTERMEDIATE ADULTS	
	04:00 PM TINY KNIGHTS	04:00 PM TINY KNIGHTS	04:00 PM TINY KNIGHTS	04:00 PM TINY KNIGHTS		
04:30 PM NO-GI LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 1	04:30 PM NO-GI LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2	
05:30 PM NO-GI JUNIORS & TEENS ADVANCED	05:30 PM JUNIORS & TEENS ADVANCED	05:30 PM JUNIORS & TEENS ADVANCED	05:30 PM NO-GI JUNIORS & TEENS ADVANCED	05:30 PM LITTLE KNIGHTS 1 & 2 COMPETITION CLASS	05:30 PM JUNIORS & TEENS COMPETITION CLASS	
06:30 PM NO-GI FUNDAMENTALS	06:30 PM INTERMEDIATE ADULTS	6:30 PM FUNDAMENTALS ADULTS	06:30 PM NO-GI INTERMEDIATE	6:30 PM FUNDAMENTALS ADULTS		
07:30 PM NO-GI INTERMEDIATE	7:30 PM FUNDAMENTALS ADULTS	07:30 PM INTERMEDIATE ADULTS	07:30 PM NO-GI FUNDAMENTALS	07:30 PM SPARRING ONLY White Belt 3 Stripes & Up		

KIDS

- TINY KNIGHTS**
3-4 years old
- LITTLE KNIGHTS 1**
5-6 years old
- LITTLE KNIGHTS 2**
7-9 years old
- JUNIORS & TEENS**
White belt & grey with white
10-14 years old
- JUNIORS & TEENS ADV.**
Grey/White belt with 4 red stripes & up
10-14 years old

ADULTS

- FUNDAMENTALS**
White belt only
- INTERMEDIATE**
White belt 3 stripes & up
- ADVANCED**
Blue belt 1 stripe & up

NO-GI

- NO-GI LITTLE KNIGHTS 1**
- NO-GI LITTLE KNIGHTS 2**
- NO-GI FUNDAMENTALS**
- NO-GI INTERMEDIATE**
- NO-GI JUNIORS & TEENS**
- NO-GI JUNIORS & TEENS ADVANCED**
- NO-GI ADVANCED**

VALOUR

JIU-JITSU