

VALOUR HQ TIMETABLE

MON		TUE		WED		THU		FRI		SAT		SUN	
MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
		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 INVITATION ONLY COMPETITION CLASS	09:00 AM NO-GI INTERMEDIATE		
										10:00 AM TINY KNIGHTS			
										10:30 AM LITTLE KNIGHTS 1	10:30 AM LITTLE KNIGHTS 2		
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		11:30 AM JUNIOR & TEENS ADVANCED	11:30 AM JUNIOR & TEENS FUNDAMENTALS		
										12:30 PM ADULTS ALL LEVELS			
	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 NO-GI LITTLE KNIGHTS 2	04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2	04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2	04:30 PM NO-GI LITTLE KNIGHTS 1	04:30 PM NO-GI LITTLE KNIGHTS 2	04:30 PM NO-GI LITTLE KNIGHTS 1	04:30 PM NO-GI LITTLE KNIGHTS 2	04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2		
05:30 PM NO-GI JUNIOR & TEENS ADVANCED	05:30 PM NO-GI JUNIOR & TEENS	05:30 PM JUNIOR & TEENS ADVANCED	05:30 PM JUNIOR & TEENS FUNDAMENTALS	05:30 PM JUNIOR & TEENS ADVANCED	05:30 PM JUNIOR & TEENS FUNDAMENTALS	05:30 PM NO-GI JUNIOR & TEENS ADVANCED	05:30 PM NO-GI JUNIOR & TEENS	05:30 PM LITTLE KNIGHTS 1 & 2 COMPETITION CLASS	05:30 PM JUNIOR & TEENS COMPETITION CLASS				
06:30 PM NO-GI FUNDAMENTALS	06:30 PM NO-GI ADVANCED	06:30 PM INTERMEDIATE ADULTS	06:30 PM ADVANCED ADULTS	06:30 PM FUNDAMENTALS ADULTS	06:30 PM ADVANCED ADULTS	06:30 PM NO-GI INTERMEDIATE	06:30 PM NO-GI ADVANCED	06:30 PM FUNDAMENTALS ADULTS					
07:30 PM NO-GI INTERMEDIATE		07:30 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 - 7 years old
- LITTLE KNIGHTS 2**
8 - 10 years old
- JUNIORS & TEENS**
11-14 years old *White belt & grey with white*
- JUNIORS & TEENS ADV.**
11-14 years old *Grey & White 4 White Stripes & 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 ADV.**
- NO-GI ADVANCED**

ADULTS

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

