VALOUR HQ **TIMETABLE**

MON

MAT 1	MAT 2
12:30 PM ADULTS ALL LEVELS	04:00 PM TINY KNIGHTS
04:30 PM NO-GI LITTLE KNIGHTS 1	04:30 PM NO-GI LITTLE KNIGHTS 2
05:30 PM NO-GI JUNIOR & TEENS ADVANCED/ COMPETITION	05:30 PM NO-GI JUNIOR & TEENS FUNDAMENTALS/ INTERMEDIATE
	06:30 PM NO-GI ADVANCED/ INTERMEDIATE
07:30 PM NO-GI FUNDAMENTALS	

TUE

MAT 1	MAT 2
07:00 AM ADULTS ALL LEVELS	
12:30 PM ADULTS ALL LEVELS	04:00 PM TINY KNIGHTS
04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2
05:30 PM JUNIOR & TEENS ADVANCED/ COMPETITION	05:30 PM JUNIOR & TEENS FUNDAMENTALS/ INTERMEDIATE
07:00 PM LAGARTO CONCEPTS INTERMEDIATE/ ADVANCED 3 STRIPES & UP	06:30 PM FUNDAMENTALS ADULTS

WED

MAT 1	MAT 2
07:00 AM ADULTS ALL LEVELS	
12:30 PM NO GI ALL LEVELS	04:00 PM TINY KNIGHTS
04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2
05:30 PM JUNIOR & TEENS ADVANCED/ COMPETITION	05:30 PM JUNIOR & TEENS FUNDAMENTALS/ INTERMEDIATE
	06:30 PM ADVANCED/ INTERMEDIATE ADULTS
07:30 PM FUNDAMENTALS ADULTS	

THU

MAT 1	MAT 2
07:00 AM ADULTS ALL LEVELS	
12:30 PM ADULTS ALL LEVELS	04:00 PM TINY KNIGHTS
04:30 PM NO-GI LITTLE KNIGHTS 1	04:30 PM NO-GI LITTLE KNIGHTS 2
05:30 PM NO-GI JUNIOR & TEENS ADVANCED/ COMPETITION	05:30 PM NO-GI JUNIOR & TEENS FUNDAMENTALS/ INTERMEDIATE
06:30 PM NO-GI FUNDAMENTALS	
	07:30 PM NO-GI ADVANCED/ INTERMEDIATE

FRI

MAT 1	MAT 2
07:00 AM NO-GI ALL LEVELS	
12:30 PM ADULTS ALL LEVELS	
04:30 PM LITTLE KNIGHTS 1	04:30 PM LITTLE KNIGHTS 2
05:30 PM LITTLE KNIGHTS 1 & 2 COMPETITION CLASS	05:30 PM JUNIOR & TEENS COMPETITION CLASS
06:30 PM FUNDAMENTALS ADULTS	
07:30 PM SPARRING ONLY WHITE BELT 3 STRIPES & UP	

SAT

MAT 1	MAT 2
09:00 AM INVITATION ONLY COMPETITION CLASS	09:00 AM NO-GI ALL LEVELS
10:00 AM TINY KNIGHTS	
10:30 AM LITTLE KNIGHTS 1	10:30 AM LITTLE KNIGHTS 2
11:30 AM JUNIOR & TEENS ADVANCED/ COMPETITION	11:30 AM JUNIOR & TEENS FUNDAMENTALS/ INTERMEDIATE
12:30 PM ADULTS ALL LEVELS	
	01:30 PM WOMEN ONLY

SUN

MAT 1	MAT 2

KIDS

- **TINY KNIGHTS** — 3 - 4 years old
- **LITTLE KNIGHTS 1** — 5 - 7 years old
- **LITTLE KNIGHTS 2** — 8 - 10 years old
- **JUNIORS & TEENS FUND & INT.** — 11-14 years old
- **JUNIORS & TEENS ADV & COMP** — 11-14 years old *Solid Grey Belt & up*

ADULTS

- **FUNDAMENTALS** — *White belt only*
- **INTERMEDIATE/ADVANCED** — *White belt 3 stripes & up*
- **LAGARTO CONCEPTS** — *White belt 3 stripes & up*
- **WOMEN ONLY** — *All levels*

NO-GI

- **NO-GI** *LITTLE KNIGHTS 1*
- **NO-GI** *LITTLE KNIGHTS 2*
- **NO-GI** *FUNDAMENTALS*
- **NO-GI** *INTERMEDIATE/ADVANCED*
- **NO-GI** *JUNIORS & TEENS FUND & INT.*
- **NO-GI** *JUNIORS & TEENS ADV. & COMP*

VALOUR
JIU-JITSU