

## Japanese Martial Arts Center Class Schedule (Winter 2010)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Judo - Open</b> 10:00–10:40am
					<b>laido - Open</b> 11:00 am–Noon	<b>Judo – Int</b> 10:40-11:20am
<b>Kendo</b> Noon- 3:00pm		<b>Judo/Jujutsu</b> (Grappling) Noon–1:00pm	<b>Jujutsu - Open</b> Noon–1:00pm	<b>Judo - Open</b> Noon–1:00pm	<b>Jujutsu - Open</b> Noon–1:00pm	<b>Judo-Randori</b> 11:20-Noon
						<b>Open Mat</b> Noon-1:00pm
						<b>Jujutsu - Open</b> 1:00-2:00pm
	<b>Youth Judo</b> 5:00-6:00pm		<b>Judo - Open</b> 5:30–6:30pm		<b>Judo/Jujutsu</b> (Grappling) 5:30–6:30pm	<b>laido – Basic</b> 2:00–2:40pm
	<b>Open Mat</b> 6:00-8:00pm	<b>laido - Open</b> 6:00–7:00pm	<b>Judo-Randori</b> 6:30–7:00pm	<b>laido - Open</b> 6:00–7:00pm	<b>Judo - Randori</b> 6:30–7:30pm	<b>laido – Int</b> 2:40–3:20pm
		<b>Jujutsu - Basic</b> 7:00–7:40pm	<b>laido - Basic</b> 7:00–7:40 pm	<b>Jujutsu - Basic</b> 7:00–7:40pm		<b>laido – Adv</b> 3:20–4:00pm
	<b>Adv Training</b> 8:00-9:00pm	<b>Jujutsu - Int</b> 7:40–8:20pm	<b>laido - Int</b> 7:40–8:20pm	<b>Jujutsu - Int</b> 7:40–8:20pm		
		<b>Jujutsu - Adv</b> 8:20–9:00pm	<b>laido - Adv</b> 8:20–9:00pm	<b>Jujutsu - Adv</b> 8:20–9:00 pm		

### Judo

Monday: 5:00 – 6:00 pm (Youth)  
(by invitation only)

Tuesday: Noon – 1:00 pm (Grappling)

Wednesday: 5:30 – 6:30 pm (Open)  
6:30 – 7:00 pm (Randori)

Thursday: Noon – 1:00 pm (Open)

Friday: 5:30 – 6:30 pm (Grappling)  
6:30 – 7:30 pm (Randori)

Saturday: 10:00 – 10:40 am (Basic)  
(Includes parent/youth)  
10:40 - 11:20 pm (Intermediate)  
11:20 – Noon (Randori)

### laido

Tuesday: 6:00 – 7:00 pm (Open)

Wednesday: 7:00 – 7:40 pm (Basic)  
7:40 – 8:20 pm (Intermediate)  
8:20 – 9:00 pm (Advanced)

Thursday: 6:00 – 7:00 pm (Open)

Friday: 11:00 am – Noon (Open)

Saturday: 2:00 – 2:40 pm (Basic)  
2:40 – 3:20 pm (Intermediate)  
3:20 – 4:00 pm (Advanced)

### Nihon Jujutsu

Tuesday: Noon – 1 pm (Grappling)  
7:00 – 7:40 pm (Basic)  
7:40 – 8:20 pm (Intermediate)  
8:20 – 9:00 pm (Advanced)

Wednesday: Noon – 1 pm (Open)

Thursday: 7:00 – 7:40 pm (Basic)  
7:40 – 8:20 pm (Intermediate)  
8:20 – 9:00 pm (Advanced)

Friday: Noon – 1:00 pm (Open)  
5:30 – 6:30 pm (Grappling)

Saturday: 1:00 – 2:00 pm (Open)

### Kendo

Sunday: Noon – 1:00 pm (Basic)  
1:00 – 3:00 pm (Open)

### Open Mat

Monday: 6:00 – 8:00 pm (JMAC members only)  
8:00 – 9:00 pm (Advanced–invitation only)

Saturday: Noon – 1:00 pm (JMAC members only)