

HAYABUSAKAN JUDO TRAINING TIMES

2017-2018 Season

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Early Randori 6am - 7:30am	Early Randori 6am - 7:30am	Early Randori 6am - 7:30am	Early Randori 6am - 7:30am	Early Randori 6am - 7:30am	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM	Fitness / Technical 10am - 12pm						
11:00 AM							
11:30 AM							
12:00 PM							
5:00 PM		Beginner / Rec. 5pm -7pm		Beginner / Rec. 5pm -7pm		Beginner / Rec. 5:30pm - 7pm	
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM		Comp. / Technical 7pm - 9pm		Comp. / Technical 7pm - 8pm		Fight Night 7pm - 9pm	
7:30 PM							
8:00 PM				BJJ for Judo 8pm - 9pm			
8:30 PM							
9:00 PM		Competitive 9pm - 10pm		Competitive 9pm - 10pm		Competitive 9pm - 10pm	
9:30 PM							