



# GB GLENDALE CLASS SCHEDULE

MON TUE WED THU FRI SAT SUN

MAT 1	MAT 2
6:00 AM <b>GB 1</b> ADULTS	
12:00 PM <b>GB 1</b> ADULTS	
1:00 PM <b>GB 2</b> SPARRING	
5:00 PM <b>GB K</b> LC 2 & JUNIORS	5:00 PM <b>GB K</b> LC 1
6:00 PM <b>GB 1</b> ADULTS	6:00 PM <b>GB F</b> ADULTS
7:00 PM <b>GB 2</b> SPARRING	

MAT 1	MAT 2
12:00 PM <b>GB 1</b> ADULTS	
1:00 PM <b>GB 2</b> SPARRING	
5:00 PM <b>GB K</b> LC 2 & JUNIORS	5:00 PM <b>GB K</b> LC 1
6:00 PM <b>GB 1</b> ADULTS	6:00 PM <b>GB K</b> COMPETITION CLASS
7:00 PM <b>GB 3</b> ADULTS	

MAT 1	MAT 2
6:00 AM <b>GB 1</b> ADULTS	
12:00 PM <b>GB 2</b> NO GI ADULTS	
5:00 PM <b>GB K</b> LC 2 & JUNIORS	5:00 PM <b>GB K</b> LC 1
6:00 PM <b>GB 1</b> ADULTS	6:00 PM <b>GB F</b> ADULTS
7:00 PM <b>GB 2</b> NO GI ADULTS	

MAT 1	MAT 2
12:00 PM <b>GB 1</b> ADULTS	
1:00 PM <b>GB 2</b> SPARRING	
5:00 PM <b>GB K</b> LC 2 & JUNIORS	5:00 PM <b>GB K</b> LC 1
6:00 PM <b>GB 1</b> ADULTS	6:00 PM <b>GB K</b> COMPETITION CLASS
7:00 PM <b>GB 2</b> SPARRING	

MAT 1	MAT 2
6:00 AM <b>GB 2</b> NO GI ADULTS	
12:00 PM <b>GB 2</b> NO GI ADULTS	
5:00 PM <b>GB K</b> NO GI LC & JUNIORS	
6:00 PM <b>GB 1</b> ADULTS	
7:00 PM <b>GB 2</b> SPARRING	

MAT 1	MAT 2
9:00 AM <b>GB K</b> LC & Juniors	
10:00 AM <b>GB 1</b> ADULTS	
11:00 AM <b>GB 2</b> SPARRING	

MAT 1	MAT 2
8:00 AM <b>GB 3</b> ADULTS	
10:00 AM <b>GB 1</b> ADULTS	
11:00 AM <b>GB 2</b> SPARRING	

**GB K**

LC 1 (Little Champions 1) 3-6 Years Old

LC 2 (Little Champions 2) 7-9 Years Old

Juniors 10-15 years old

**GB 1**

Adults All Levels

**GB 2**

Adults - White Belt 3 Stripes and Up

**GB 3**

Adults - Blue Belt and Up