

SHANNON ARTS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT NO GI 9:30 - 11 AM	ADULT NO GI 9:30 - 11 AM	ADULT NO GI 9:30 - 11 AM	ADULT NO GI 9:30 - 11 AM	ADULT NO GI 9:30 - 11 AM	ADULT NO GI 11 - 1 PM	ADULT OPEN MAT (UPON REQUEST)
KIDS OPEN MAT 4:30 - 6 PM	KIDS COMPETITION CLASS (INVITE) 4 - 4:30 PM	KIDS HOMESCHOOL CLASS 11:15 - 12:15 PM	KIDS OPEN MAT 4:30 - 5 PM	KIDS HOMESCHOOL CLASS 11:15 - 12:15 PM		
ADULT TECHNIQUE 6:15 - 7 PM	KIDS OPEN MAT 4:30 - 5 PM	KIDS OPEN MAT 4:30 - 5 PM	KIDS NO GI JIU JITSU 5 - 6 PM	ADULT OPEN MAT (UPON REQUEST) 5 - 7 PM		
ADULT LIVE ROUNDS 7 - 8 PM	KIDS NO GI JIU JITSU 5 - 6 PM	KIDS NO GI JIU JITSU 5 - 6 PM	ADULT TECHNIQUE 6:15 - 7 PM			
	ADULT TECHNIQUE 6:15 - 7 PM	ADULT TECHNIQUE 6:15 - 7 PM	ADULT LIVE ROUNDS 7 - 8 PM			
	ADULT LIVE ROUNDS 7 - 8 PM	ADULT LIVE ROUNDS 7 - 8 PM				

