

BLOOMINGALE ACADEMY ADULT SCHEDULE

Youth schedules are customized to your child's needs, please consult an Instructor.
Please check with the web site for the most current schedule: www.EliteJKD.com

	MON	TUE	WED	THU	FRI	SAT	SUN
10-11am						Beginner	
11am-Noon						Open Mat	
7-8pm	Beginner	Intermediate	Beginner	Beginner			
8-9pm	Open Mat	Beginner	Advanced (Closed Door)	Intermediate			

*Please note that "Open Mat" times also double as event specific training sessions. For example, depending on the season, we may use that time to focus just on ground fighting or another range. Regardless, during these times, the academy is open to your individual use.

ROCKFORD ACADEMY ADULT SCHEDULE

Youth schedules are customized to your child's needs, please consult an Instructor.
Please check with the web site for the most current schedule: www.EliteJKD.com

	MON	TUE	WED	THU	FRI	SAT	SUN
10-11am						Beginner	
11am-Noon						Open Mat	
7-8pm	Beginner	Beginner	Beginner	Intermediate/ Advanced			
8-9pm	Open Mat	Intermediate/ Advanced	Open Mat	Beginner			

*Please note that "Open Mat" times also double as event specific training sessions. For example, depending on the season, we may use that time to focus just on ground fighting or another range. Regardless, during these times, the academy is open to your individual use.