



# GBNM HQ

MON

11:15 AM  
**GB1**  
Adults

12:15 PM  
**GB3**  
Competition Class

4:00 PM  
**GBK**  
Teens

5:00PM  
**GBK**  
Kids Advanced

6:00 PM  
**GB1**  
Adults

7:00 PM  
**GB3**  
Live Training

TUE

12:15 PM  
**GB3**  
Live Training

3:45 PM  
**GBK**  
TC

4:15 PM  
**GBK**  
LC 1 & 2

5:00 PM  
**GBK**  
Juniors

6:00 PM  
**GB2**  
Adults

7:30 PM  
**GB1**  
Adults

WED

11:15 AM  
**GB1**  
Adults

12:15 PM  
**GB3**  
Competition Class

4:00 PM  
**GBK**  
Teens

5:00PM  
**GBK**  
Kids Advanced

6:00 PM  
**GB1**  
Adults

7:00 PM  
**GB3**  
Live Training

THU

12:15 PM  
**GB3**  
Live Training

3:45 PM  
**GBK**  
TC

4:15 PM  
**GBK**  
LC 1 & 2

5:00 PM  
**GBK**  
Juniors

6:00 PM  
**GB2**  
Adults

7:30 PM  
**GB1**  
Adults

FRI

4:00 PM  
**GBK**  
Teens & Juniors

5:00 PM  
**GB1**  
NO GI  
ADULT

6:00 PM  
**GB3**  
NoGi Live Training

SAT

9:00 AM  
**GBK**  
TC,LC1&2

10:00 AM  
**GBK**  
Juniors & Teens  
NoGi

11:00 AM  
**GB1**  
All Levels  
Adults

12:15 PM  
**GB3**  
Live Training

**GBK**  
TC (Tiny Champions) 3-4yrs  
LC 1&2 (Little Champions 1&2) 5-9 yrs  
Juniors 10-12 yrs  
Kids Advanced (7yrs + ; g/w belt and up)  
Teens 13-15 yrs  
**GB1**  
Adults All Levels  
**GB2**  
Adults - White Belt 3 Stripes and Up  
**GB3**  
Adults - White Belt 3 Stripes and Up

SUN

9:00 AM  
**GB1**  
All Levels  
Adults

10:00am  
**GB3**  
Live Training