

# LEGION WEEKLY CLASS SCHEDULE



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:30 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:30 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:30 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:30 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:30 AM JON FENNELL		
<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>SKILL BUILDING (GI)</b> 9:00 AM - 10:30 AM ANDRIS BRUNOVSKIS	<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>SKILL BUILDING (GI)</b> 9:00 AM - 10:30 AM ANDRIS BRUNOVSKIS	<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE		
<b>NO-GI</b> 10:30AM - 12:00 PM SLOAN CLYMER	<b>NO-GI</b> 10:30AM - 12:00 PM SLOAN CLYMER	<b>NO-GI</b> 10:30AM - 12:00 PM SLOAN CLYMER	<b>NO-GI</b> 10:30AM - 12:00 PM SLOAN CLYMER	<b>NO-GI</b> 10:30AM - 12:00 PM SLOAN CLYMER		<b>EAGLETS COMPETITION CLASS</b> 11:00 PM - 12:00 PM MIKE GARDNER
<b>LUNCH CLASS (ALL LEVELS)</b> 12:00 PM - 1:15 PM ANDRIS BRUNOVSKIS	<b>WRESTLING &amp; JUDO (NOGI)</b> 12:00 PM - 1:30 PM JUSTIN FLORES	<b>LUNCH CLASS (ALL LEVELS)</b> 12:00 PM - 1:15 PM ANDRIS BRUNOVSKIS	<b>OPEN MAT</b> 12:00 PM - 1:00 PM MEMBER ONLY	<b>LUNCH CLASS (ALL LEVELS)</b> 12:00 PM - 1:15 PM ANDRIS BRUNOVSKIS	<b>JUDO FOR JIU JITSU</b> 12:00 PM - 1:30 PM MIHA PERHAVEC	<b>OPEN MAT</b> 12:00 PM - 2:30PM <i>FREE &amp; OPEN TO ALL</i>
<b>EAGLETS KICKBOXING</b> 4:00 PM - 5:00 PM MIKE GARDNER	<b>EAGLETS NOGI</b> 4:00 PM - 5:00 PM MIKE GARDNER	<b>EAGLETS KICKBOXING</b> 4:00 PM - 5:00 PM MIKE GARDNER	<b>EAGLETS NOGI</b> 4:00 PM - 5:00 PM MIKE GARDNER	<b>EAGLETS COMPETITION CLASS</b> 4:00 PM - 5:00 PM MIKE GARDNER		
<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM MIKE GARDNER	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM <b>JUNIOR EAGLETS (4-6)</b> 5:15 PM - 6:00 PM	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM MIKE GARDNER	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM <b>JUNIOR EAGLETS (4-6)</b> 5:15 PM - 6:00 PM	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM <b>JUNIOR EAGLETS (4-6)</b> 5:15 PM - 6:00 PM		
<b>BEGINNER COURSE (GROUP A)</b> 6:00 PM - 7:15 PM MIHA PERHAVEC	<b>BEGINNER COURSE ( GROUP B)</b> 6:00 PM - 7:15 PM MIHA PERHAVEC	<b>BEGINNER COURSE (A)</b> 6:00 PM - 7:15 PM MIHA PERHAVEC	<b>BEGINNER COURSE (B)</b> 6:00 PM - 7:15 PM MIHA PERHAVEC			
<b>INTERMEDIATE-ADVANCED GI</b> 6:00 PM - 7:30 PM ANDRIS BRUNOVSKIS	<b>INTERMEDIATE-ADVANCED NOGI</b> 6:00 PM - 7:30 PM SLOAN CLYMER	<b>INTERMEDIATE-ADVANCED GI</b> 6:00 PM - 7:30 PM KEENAN CORNELIUS	<b>INTERMEDIATE-ADVANCED NOGI</b> 6:00 PM - 7:30 PM SLOAN CLYMER	<b>INTERMEDIATE-ADVANCED GI</b> 6:00 PM - 7:30 PM ANDRIS BRUNOVSKIS		
<b>GI FUNDAMENTALS</b> 7:30 PM - 8:30 PM MULTIPLE INSTRUCTORS	<b>GI FUNDAMENTALS</b> 7:30 PM - 8:30 PM MULTIPLE INSTRUCTORS	<b>GI FUNDAMENTALS</b> 7:30 PM - 8:30 PM MULTIPLE INSTRUCTORS	<b>GI FUNDAMENTALS</b> 7:30 PM - 8:30 PM MULTIPLE INSTRUCTORS	<b>GI FUNDAMENTALS</b> 7:30 PM - 8:30 PM MULTIPLE INSTRUCTORS		
<b>INTERMEDIATE+ NOGI</b> 7:30 PM - 8:45 PM MICHAEL SALAZAR		<b>INTEREMEDIATE+ NOGI</b> 7:30 PM - 8:45 PM MICHAEL SALAZAR		<b>INTERMEDIATE+ NOGI</b> 7:30 PM - 8:45 PM MICHAEL SALAZAR		

\*Instructors are subject to change. Substitute teachers are common on a week-to-week basis. If you have any questions, call or text us at any time.

\*\* Beginner courses run in two groups at different stages of the curriculum. Group A only trains Mon, Wed & Group B only has classes Tue, Thu.

