

LEGION WEEKLY CLASS SCHEDULE



7550 Miramar Rd Suite 330, San Diego, CA 92126

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

