

# LEGION WEEKLY CLASS SCHEDULE



7550 Miramar Rd Suite 330, San Diego, CA 92126

Phone Number: (858) 888-1815

email: info@legionajj.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:45 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:45 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:45 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:45 AM JON FENNELL	<b>RISE &amp; SUNSHINE</b> 6:15 AM - 7:45 AM JON FENNELL		
<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>PRIVATE LESSONS</b> 8:00 AM - 10:30 AM INSTRUCTOR OF YOUR CHOICE	<b>EAGLETS (ALL AGES)</b> 9:00 AM - 10:00 AM TYLER MCKAY	
<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>WEEKEND WARRIORS</b> 10:00AM - 11:30 AM JON FENNELL	<b>EAGLETS (6+)</b> 11:00 PM - 12:00 PM MIKE GARDNER
<b>LUNCH CLASS (ALL LEVELS)</b> 12:00 PM - 1:30 PM ANDRIS BRUNOVSKIS		<b>LUNCH CLASS (ALL LEVELS)</b> 12:00 PM - 1:30 PM ANDRIS BRUNOVSKIS		<b>LUNCH CLASS (ALL LEVELS)</b> 12:00 PM - 1:30 PM ANDRIS BRUNOVSKIS	<b>JUDO FOR JIU JITSU</b> 12:00 PM - 1:30 PM MIHA PERHAVEC	<b>WORLD- FAMOUS OPEN MAT</b> 12:00 PM - 2:30 PM FREE, OPEN TO ALL*
<b>ELITE EAGLETS</b> 4:00 PM - 5:00 PM TYLER MCKAY	<b>EAGLETS NO-GI</b> 4:00 PM - 5:00 PM JACOB SEMSEN	<b>JIU JITSU FOR SELF DEFENSE</b> 4:00 PM - 5:00 PM TYLER MCKAY	<b>EAGLETS NO-GI</b> 4:00 PM - 5:00 PM JACOB SEMSEN	<b>ELITE EAGLETS</b> 4:00 PM - 5:00 PM TYLER MCKAY		
	<b>PARENTS CLASS</b> 5:00 PM - 6:00 PM FENNELL / FRALEY		<b>PARENTS CLASS</b> 5:00 PM - 6:00 PM FENNELL / FRALEY	<b>PARENTS CLASS</b> 5:00 PM - 6:00 PM FENNELL / FRALEY		
<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM MULTIPLE INSTRUCTORS	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM <b>LITTLE EAGLETS (4-6)</b> 5:00 PM - 6:00 PM	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM MULTIPLE INSTRUCTORS	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM <b>LITTLE EAGLETS (4-6)</b> 5:00 PM - 6:00 PM	<b>EAGLETS (KIDS 6+)</b> 5:00 PM - 6:00 PM <b>LITTLE EAGLETS (4-6)</b> 5:00 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+ GI</b> 6:00 PM - 7:30 PM ANDRIS BRUNOVSKIS	<b>INTERMEDIATE+ NO-GI</b> 6:00 PM - 7:30 PM SLOAN CLYMER	<b>INTERMEDIATE+ GI</b> 6:00 PM - 7:15 PM ANDRIS BRUNOVSKIS	<b>INTERMEDIATE+ NO-GI</b> 6:00 PM - 7:30 PM SLOAN CLYMER	<b>INTERMEDIATE+ GI</b> 6:00 PM - 7:30 PM ANDRIS BRUNOVSKIS		
	<b>INTERMEDIATE+ GI</b> 6:00 PM - 7:15 PM DOM BELL		<b>INTERMEDIATE+ GI</b> 6:00 PM - 7:15 PM DOM BELL			
<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> 7:15PM - 8:45 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>NO-GI FUNDAMENTALS</b> 7:30 PM - 8:45 PM JACOB SEMSEN		<b>NO-GI FUNDAMENTALS</b> 7:30 PM - 8:45 PM JACOB SEMSEN		<b>NO-GI FUNDAMENTALS</b> 7:30 PM - 8:45 PM JACOB SEMSEN		

\*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.