



Twinsburg Academy of Self-Defense

Weekly Class Schedule



MONDAY Technique Focus	TUESDAY Technique Focus	WEDNESDAY Skills Focus	THURSDAY Skills Focus	FRIDAY	SATURDAY	SUNDAY
<u>Beginning Tai Chi</u> 10:00 - 11:00 am <u>Kids Beginner</u> White - Green Belts 5:00 - 5:45 pm <u>Kids Advanced</u> Blue - Brown Belts 5:45 - 6:30 pm <u>Adult, Teens MJJ</u> 6:30 - 7:30 pm <u>Beginning Tai Chi</u> 7:30 - 8:30 pm	<u>Kids Advanced</u> Blue - Brown Belts 5:00 - 5:45 pm <u>Kids Beginner</u> White - Green Belts 5:45 - 6:30 pm <u>Adult, Teens BJJ</u> 6:30 - 7:30 pm <u>OPEN MAT</u> 7:30 - 8:30 pm	<u>Beginning Tai Chi</u> 10:00 - 11:00 am <u>Kids BASIC</u> All Ranks 5:00 - 5:45 pm <u>BBC ONLY</u> All Ranks/All Ages 5:45 - 6:30 pm <u>Adult, Teens MJJ</u> 6:30 - 7:30 pm <u>Beginning Tai Chi</u> 7:30 - 8:30 pm	<u>BBC ONLY</u> All Ranks/All Ages 5:00 - 5:45 pm <u>Kids BASIC</u> All Ranks 5:45 - 6:30 pm <u>Adult, Teens BJJ</u> 6:30 - 7:30 pm <u>OPEN MAT</u> 7:30 - 8:30 pm	SPECIAL SEMINARS AND EVENTS (see website)	<u>Beginning Tai Chi</u> 10:00 - 11:00 am <u>BBC ONLY</u> All Ranks/All Ages <u>Weapons Slot 1</u> 11:00 - 11:30 am <u>Weapons Slot 2</u> 11:30a - 12:00p <u>Family MJJ/BJJ</u> All Ranks/All Ages 12:00 - 1:00 pm Weapons to change on rotation every 12 Weeks: Bo Staff, Escrima Stick, Broadsword, Nunchaku GRADUATION/Testing 3:30-5:30 pm	Aiki Jujutsu / Aikido (Master Vlad) 10:00a-12:00

Kids classes are for ages 5 - 12

Teen/Adult classes are for ages 13+