



KID SCHEDULE

www.lashleytraining.com

740-398-7410

Kid Jiu Jitsu

Monday	Tuesday	Wednesday	Thursday	Saturday
MINI PUPS (3-4 year olds)				
4:30-5 pm Mini Pup		4:30-5 pm Mini Pup		
MIDDLE PUPS (5-9 year olds)				
5-5:45 pm Middle Pup (Advanced)	5-5:45 pm Middle Pup (Intro)	5-5:45 pm Middle Pup (Advanced)	5-5:45 pm Middle Pup (Intro)	9:30-10:15 am Middle Pup
				11 am-12 pm Open Mat
BIG PUPS (10-15 year olds)				
5:45-6:30 pm Big Pup (Advanced)	5:45-6:30 pm Big Pup (Intro)	5:45-6:30 pm Big Pup (Advanced)	5:45-6:30 pm Big Pup (Intro)	10:15-11 am Big Pup
				11 am-12 pm Open Mat

Kid Karate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI DRAGONS (3-4 year olds)					
4:30-5 pm Mini Dragon	9:15-10 am All Dragon (Ages 4 - 15)	4:30-5 pm Mini Dragon	9:15-10 am All Dragon (Ages 4 - 15)	9:15-10 am All Dragon (Ages 4 - 15)	
MIDDLE DRAGONS (5-9 year olds)					
5-5:45 pm Middle Dragon (Intro)	9:15-10 am All Dragon (Ages 4 - 15)	5-5:45 pm Middle Dragon (Intro)	9:15-10 am All Dragon (Ages 4 - 15)	9:15-10 am All Dragon (Ages 4 - 15)	9:30-10:15 am Tournament Prep
	5-5:45 pm Middle Dragon (Advanced)		5-5:45 pm Middle Dragon (Advanced)		11 am-12 pm Open Sparring
BIG DRAGONS (10-15 year olds)					
5:45-6:30 pm Big Dragon (Intro)	9:15-10 am All Dragon (Ages 4 - 15)	5:45-6:30 pm Big Dragon (Intro)	9:15-10 am All Dragon (Ages 4 - 15)	9:15-10 am All Dragon (Ages 4 - 15)	9:30-10:15 am Tournament Prep
	5:45-6:30 pm Big Dragon (Advanced)		5:45-6:30 pm Big Dragon (Advanced)		10:15-11 am Advanced Karate (Invite Only)
					11 am-12 pm Open Sparring

Kid Boxing

Ages 10-15 (Ages 8-9 at the discretion of the instructor)

Monday	Tuesday	Wednesday	Thursday	Saturday
6:30-7:15 pm		6:30-7:15 pm		

*** INSTRUCTORS ARE NOT PRESENT FOR OPEN MAT OR OPEN SPARRING ***