



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 BJJ		4:30-5 pm Mini Pup BJJ		
MIDDLE PUPS (5-9 year olds)				
5-5:45 pm Middle Pup BJJ (Advanced)	5-5:45 pm Middle Pup BJJ (Intro)	5-5:45 pm Middle Pup BJJ (Advanced)	5-5:45 pm Middle Pup BJJ (Intro)	9:30-10:15 am Middle Pup BJJ
				11 am-12 pm Open Mat
BIG PUPS (10-15 year olds)				
5:45-6:30 pm Big Pup BJJ (Advanced)	5:45-6:30 pm Big Pup BJJ (Intro)	5:45-6:30 pm Big Pup BJJ (Advanced)	5:45-6:30 pm Big Pup BJJ (Intro)	10:15-11 am Big Pup BJJ
				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 Karate	9:15-10 am Homeschool Karate (Ages 4+)	4:30-5 pm Mini Dragon Karate	9:15-10 am Homeschool Karate (Ages 4+)	9:15-10 am Homeschool Karate (Ages 4+)	
MIDDLE DRAGONS (5-9 year olds)					
5-5:45 pm Middle Dragon Karate (Intro)	9:15-10 am Homeschool Karate	5-5:45 pm Middle Dragon Karate (Intro)	9:15-10 am Homeschool Karate	9:15-10 am Homeschool Karate	9:30-10:15 am Tourney Prep Karate
	5-5:45 pm Middle Dragon Karate (Advanced)		5-5:45 pm Middle Dragon Karate (Advanced)		11 am-12 pm Open Sparring
BIG PUPS (10-15 year olds)					
5:45-6:30 pm Big Dragon Karate (Intro)	9:15-10 am Homeschool Karate	5:45-6:30 pm Big Dragon Karate (Intro)	9:15-10 am Homeschool Karate	9:15-10 am Homeschool Karate	9:30-10:15 am Tourney Prep Karate
	5:45-6:30 pm Big Dragon Karate (Advanced)		5:45-6:30 pm Big Dragon Karate (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		

Kid Gymnastics

Monday	Tuesday	Wednesday	Thursday	Saturday
MINI TUMBLERS (3-4 year olds)				
	5-5:30 pm Mini Tumblers		5-5:30 pm Mini Tumblers	
MIDDLE TUMBLERS (5-9 year olds)				
5-5:45 pm Middle Tumblers		5-5:45 pm Middle Tumblers		10:15-11 am Middle Tumblers
	5:30-6:15 pm Middle Tumblers		5:30-6:15 pm Middle Tumblers	9:30-10:15 am Middle Tumblers

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