

RISE Class Schedule

Winter 2021-2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
3:45-4:15 RISE Lil' Dragons	Private Lessons	3:45-4:15 RISE Lil' Dragons	Private Lessons	Private Lessons
4:30-5:15 RISE Kids1	4:30-5:15 RISE Kids2	4:30-5:15 RISE Kids1	4:30-5:15 RISE Kids2	10:30-11:00 RISE Lil' Dragons
5:30-6:30 RISE BLUE Belts	5:30-6:15 RISE Kids3	5:30-6:30 RISE BLUE Belts	5:30-6:15 RISE Kids3	11:15--12:00 Dynamic Kicking
6:30-7:30 RISE BROWN Belts	6:30-7:30 RISE RED Belts	6:30-7:30 RISE BROWN Belts	6:30-7:30 RISE RED Belts	Private Lessons
7:30-8:15 RISE Adults	7:30-8:30 RISE BJJ	7:30-8:15 RISE Adults	Private Lessons	Private Lessons