



West Coast Fremont Class Schedule

Basic (2-3 classes per week) - BBC (5 classes per week) - XPT (unlimited)

Rev. 9/7/24	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RANK					XPT/BBC ONLY	
Lil Dragons (all belts)	4:15-4:45	5:45-6:15	4:15-4:45	5:45-6:15	4:00-4:30	Lil Dragon Beg. 10:00-10:30 Lil Dragon Int/Adv. 10:30-11:00
White	6:15-7:00	3:30-4:15	6:15-7:00	3:30-4:15	4:00-4:30	11:00-11:45
Orange	6:15-7:00	3:30-4:15	6:15-7:00	3:30-4:15	4:00-4:30	11:00-11:45
Gold	6:15-7:00	3:30-4:15	6:15-7:00	3:30-4:15	4:00-4:30	11:00-11:45
Green	5:30-6:15	4:15-5:00	5:30-6:15	4:15-5:00	4:30-5:15	Level 1 Sparring 11:45-12:30
Purple	5:30-6:15	4:15-5:00	5:30-6:15	4:15-5:00	4:30-5:15	Level 1 Sparring 11:45-12:30
Blue	4:45-5:30 5:30-6:15	4:15-5:00 6:15-7:00	5:30-6:15	4:15-5:00 6:15-7:00	4:30-5:15	Level 1 Sparring 11:45-12:30
Blue-1	4:45-5:30 5:30-6:15	4:15-5:00 6:15-7:00	5:30-6:15	4:15-5:00 6:15-7:00	4:30-5:15	Level 1 Sparring 11:45-12:30
Brown	3:30-4:15 4:45-5:30	6:15-7:00	3:30-4:15	6:15-7:00	4:30-5:15	Level 2 Sparring 12:30-1:15
Brown-1	3:30-4:15 4:45-5:30	6:15-7:00	3:30-4:15	6:15-7:00	4:30-5:15	Level 2 Sparring 12:30-1:15
Red	3:30-4:15 7:00-7:45	5:00-5:45	3:30-4:15 7:00-7:45	5:00-5:45	6:45-7:30	Level 2 Sparring 12:30-1:15
Red-1	7:00-7:45	5:00-5:45	7:00-7:45	5:00-5:45	6:45-7:30	Level 2 Sparring 12:30-1:15
Red/Blacks	7:00-7:45	5:00-5:45	7:00-7:45	5:00-5:45	6:45-7:30	Level 2 Sparring 12:30-1:15
Teens/Adults	8:30-9:15	7:00-7:45	7:45-8:30	7:00-7:45	-	11:00 - 11:45
1st-2nd Degrees	7:45-8:30	-	4:45-5:30 Open Mat 8:30-9:15	-	7:30-8:15	1:15-2:00
3rd-6th Degrees	-	7:45-8:30	Open Mat 8:30-9:15	7:45-8:30	7:30-8:15	1:15-2:00
XPT	-	-	-	-	Level 1 5:15 - 6:00 Level 2 6:00 - 6:45	BJJ 2:15 - 3:15



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SCAN THE QR CODE BELOW TO SCHEDULE AN INTRODUCTORY CLASS.



WEST COAST FREMONT
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