

**SUDA INTERNATIONAL TRAINING CENTER**  
**PROGRAM SCHEDULE**  
 Effective 1/1/19

SUDA INTERNATIONAL TRAINING CENTER						
CLASS	MON	TUE	WED	THU	FRI	SAT
<b>SUDA ITC BUSINESS HOURS</b>	5:00 – 8:30 PM	5:00 – 8:30 PM	5:00 – 8:30 PM	5:00 – 8:30 PM	CLOSED	CLOSED
<b>YOUTH CLASSES (3-12)</b>						
LIL SPIDERS BJJ (3-5 YEARS)		5:00 – 5:30 PM		5:00 – 5:30 PM		
*SPIDERS BRAZILIAN JIU-JITSU (Gi)		5:30 – 6:25 PM		5:30 – 6:25 PM		
*SPIDERS KICKBOXING	6:00 – 6:55 PM		6:00 – 6:55 PM			
<b>TEEN/ADULT CLASSES (12+)</b>						
COMBAT JIU-JITSU		8:30 – 9:25 AM		8:30 – 9:25 AM		
KICKBOXING		6:35 – 7:30 PM		6:35 – 7:30 PM		
BRAZILIAN JIU-JITSU	7:05 – 8:30 PM		7:05 – 8:30 PM			
HBFIT MA (High Intensity Training Program)		7:30 – 8:25 PM		7:30 – 8:25 PM		

**13731 S Route 30 Suite 109 | Plainfield, IL 60544 | [www.sudaitc.com](http://www.sudaitc.com) | (815) 272-1016 | (815) 641-5494**  
**PRIVATE LESSONS CAN BE ARRANGED DURING DAYTIME HOURS OR WEEKENDS**

*\* Spiders Classes are for participants ages 6 – 12.  
 Proper uniform and equipment are required for each class of participation.*