

SUDA INTERNATIONAL TRAINING CENTER
PROGRAM SCHEDULE
 Effective 12/8/17

CLASS	MON	TUE	WED	THU	FRI	SAT
SUDA ITC BUSINESS HOURS	5:00 – 8:30 PM	5:00 – 8:30 PM	9:30 – 10:30 AM 5:00 – 8:30 PM	5:00 – 8:30 PM	CLOSED	CLOSED
YOUTH CLASSES (3-12)						
LIL SPIDERS BJJ (3-5 YEARS)		5:00 – 5:30 PM		5:00 – 5:30 PM		
*SPIDERS BRAZILIAN JIU-JITSU (Gi)		5:30 – 6:30 PM		5:30 – 6:30 PM		
*SPIDERS STRIKING/KICKBOXING	6:00 – 7:00 PM		6:00 – 7:00 PM			
TEEN/ADULT CLASSES (12+)						
MORNING STRIKING/KICKBOXING			9:30 – 10:30 AM			
HBFIT LITE (Low Impact Fitness Program)		5:00 – 5:30 PM		5:00 – 5:30 PM		
HBFIT D36 (High Intensity Fitness Program)		5:45 – 6:15 PM		5:45 – 6:15 PM		
STRIKING/KICKBOXING		6:30 – 7:30 PM		6:30 – 7:30 PM		
BRAZILIAN JIU-JITSU	7:00 – 8:30 PM		7:00 – 8:30 PM			
HBFIT MA (High Intensity Training Program)		7:30 – 8:30 PM		7:30 – 8:30 PM		

13731 S Route 30 #109 | Plainfield, IL 60544 | www.sudaitc.com | (815) 641-5494 | (815) 272-1016

** Spiders Classes are for participants ages 6 – 12, unless student was enrolled prior to 8/15/2017.*

Proper uniform and equipment are required for each class of participation.