

**SUDA INTERNATIONAL TRAINING CENTER**  
**PROGRAM SCHEDULE**  
 Effective 6/1/19

| SUDA INTERNATIONAL TRAINING CENTER |  |   |  |   |  |  |
|------------------------------------|--|---|--|---|--|--|
| CLASS                              | MON                                      | TUE                                     | WED                                      | THU                                     | FRI                                      | SAT                                      |
| <b>BUSINESS HOURS</b>              | 5:00 – 8:30 PM                           | 9:00 – 10:00 AM<br>4:50 – 8:30 PM       | 5:00 – 8:30 PM                           | 9:00 – 10:00 AM<br>4:50 – 8:30 PM       | CLOSED                                   | CLOSED                                   |
| PROGRAMS                           |  |   |  |   |  |  |
| <b>9:00 – 10:00 AM</b>             | Private Lessons Available by Appointment | <b>Combat Jiu-Jitsu</b>                 | Private Lessons Available by Appointment | <b>Combat Jiu-Jitsu</b>                 | Private Lessons Available by Appointment | Private Lessons Available by Appointment |
| <b>4:50 – 5:20 PM</b>              |  | Lil' Spiders BJJ (3 - 4 Years)          |  | Lil' Spiders BJJ (3 - 4 Years)          |  |  |
| <b>5:25 – 6:15 PM</b>              | Spiders Kickboxing 1 (5 – 7 Years)       | Spiders BJJ 1 (5 – 7 Years)             | Spiders Kickboxing 1 (5 – 7 Years)       | Spiders BJJ 1 (5 – 7 Years)             |  |  |
| <b>6:20 – 7:10 PM</b>              | Spiders Kickboxing 2 (8 – 12 Years)      | Spiders BJJ 2 (8 – 12 Years)            | Spiders Kickboxing 2 (8 – 12 Years)      | Spiders BJJ 2 (8 – 12 Years)            |  |  |
| <b>7:15 – 8:30 PM</b>              | <b>Kickboxing (13 - Adult)</b>           | <b>Brazilian Jiu-Jitsu (13 - Adult)</b> | <b>Kickboxing (13 - Adult)</b>           | <b>Brazilian Jiu-Jitsu (13 - Adult)</b> |  |  |

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**PRIVATE LESSONS CAN BE ARRANGED DURING DAYTIME HOURS OR WEEKENDS**

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