# RAY STEVENS ACADEMY WEEKLY SCHEDULE

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO |
| MORNING | | | | | | | | | | | 9.15 - 10.00 AM<br>JUDO<br>4-6 YRS<br>ED & LEN | | | |
| | | | | | | | | | | | 10.00 -10.45 AM<br>JUDO<br>7-10 YRS<br>ED & LEN | 10.00 - 10.45 AM<br>BJJ<br>11-15 YRS<br>ROBERTO ALMEDIA | 10.00 - 10.45 AM<br>JUDO<br>4-15YRS<br>JADE ECCLES | Invite Only Class - email or speak to us for further info |
| | | | | | | | | | | | 10.45 - 11.30 PM<br>JUDO<br>11-15 YRS<br>ED & LEN | 10.45 - 11.30 PM<br>BJJ<br>7-10 YRS<br>ROBERTO ALMEDIA | 10.45 - 11.45 AM<br>*NO GI*<br>ALL LEVELS<br>SILVIU NASTASA | 10.45 - 11.45 AM<br>JUDO KIDS<br>COMPETITION TRAINING<br>JADE ECCLES |
| LUNCH | 11.30-12.30pm<br>*OPEN MAT*<br>ALL LEVELS<br>TOM BUCKMASTER | | | | 11.30-12.30pm<br>*NO GI*<br>ALL LEVELS<br>MIKEY PHAROAH | | 11.30-12.30pm<br>*OPEN MAT*<br>ALL LEVELS<br>TOM BUCKMASTER | | | | 11.30 - 12.30 PM<br>*NO GI*<br>ALL LEVELS<br>MIKEY PHAROAH | 11.30 - 12.30 PM<br>*JUDO*<br>ALL LEVELS<br>ED SEMPLE | 11.45 - 12.45 PM<br>*NO GI*<br>SPARRING<br>ALL LEVELS<br>SILVIU NASTASA | |
| | 12.30 - 1.30 PM<br>*BJJ*<br>ALL LEVELS<br>TOM BUCKMASTER | | | | 12.30 - 1.30 PM<br>*NO GI*<br>ALL LEVELS<br>MIKEY PHAROAH | | 12.30 - 1.30 PM<br>*BJJ*<br>ALL LEVELS<br>TOM BUCKMASTER | | | | 12.30 - 1.30 PM<br>*BJJ*<br>ALL LEVELS<br>TOM BUCKMASTER | | | |
| AFTERNOON | 4.30 - 5.15 PM<br>JUDO<br>4-8 YRS<br>ED & TOM | | | | 4.30 - 5.15 PM<br>JUDO<br>4-8 YRS<br>ED & ROBERTO | | | | 4.30 - 5.15 PM<br>JUDO<br>4-8YRS<br>ROBERTO & TOM | | 1.30 - 2.30 PM<br>*BJJ*<br>Competition Training<br>TOM BUCKMASTER | | | |
| | 5.15 - 6.00 PM<br>JUDO<br>9-15 YRS<br>ED & TOM | | 5.15 - 6.00 PM<br>BJJ<br>7-15 YRS<br>TOM BUCKMASTER | 5.15 - 6.00 PM<br>KICKBOXING<br>7-15 YRS<br>FRANKIE GIBSON | 5.15 - 6.00 PM<br>JUDO<br>9-15 YRS<br>ED & ROBERTO | | 5.15 - 6.00 PM<br>BJJ<br>7-15 YRS<br>ROBERTO ALMEIDA | 5.15 - 6.00PM<br>KICKBOXING<br>7-15 YRS<br>FRANKIE GIBSON | 5.15 - 6.00 PM<br>JUDO<br>9-15 YRS<br>ROBERTO & TOM | | 2.30 - 3.30 PM<br>*OPEN MAT*<br>ALL LEVELS<br>TOM BUCKMASTER | | | |
| EVENING | 6.00 -7.00 PM<br>*BJJ*<br>FUNDAMENTALS<br>TOM BUCKMASTER | 6.00 - 7.00 PM<br>*JUDO*<br>ALL LEVELS<br>ED SEMPLE | 6.00 -7.00 PM<br>*BJJ*<br>FUNDAMENTALS<br>TOM BUCKMASTER | 6.00 - 7.00 PM<br>*KICKBOXING*<br>ALL LEVELS<br>FRANKIE GIBSON | 6.00 - 7.00 PM<br>*BJJ*<br>FUNDAMENTALS<br>ROBERTO ALMEIDA | | 6.00 -7.00 PM<br>*BJJ*<br>FUNDAMENTALS<br>ROBERTO ALMEIDA | 6.00 - 7.00 PM<br>*KICKBOXING*<br>ALL LEVELS<br>FRANKIE GIBSON | 6.00 - 7.00 PM<br>*BJJ*<br>FUNDAMENTALS<br>TOM BUCKMASTER | 6.00 - 7.00 PM<br>*JUDO*<br>ALL LEVELS<br>ROBERTO ALMEDIA | | | | |
| | 7.00 - 8.00 PM<br>*BJJ*<br>INTERMEDIATE<br>TOM BUCKMASTER | | 7.00 - 8.00 PM<br>*BJJ*<br>INTERMEDIATE<br>TOM BUCKMASTER | 7.00 - 8.00 PM<br>*BJJ*<br>LADIES ALL LEVELS<br>SOPHIE ABLETT | 7.00 - 8.00 PM<br>*BJJ*<br>INTERMEDIATE<br>ROBERTO ALMEIDA | 7.00 - 8.00 PM<br>*JUDO*<br>ALL LEVELS<br>ED SEMPLE | 7.00 - 8.00 PM<br>*WRESTLING*<br>ALL LEVELS<br>MIKEY PHAROAH | 7.00 - 8.00 PM<br>*BJJ*<br>ABC COURSE<br>ROBERTO ALMEIDA | 7.00 - 8.00 PM<br>*BJJ*<br>INTERMEDIATE<br>TOM BUCKMASTER | 7.00 - 8.00 PM<br>*JUDO*<br>ABC COURSE<br>ROBERTO ALMEIDA | | | * * THESE SESSIONS ARE FOR STUDENT & ADULT MEMBERS ONLY - PLEASE SPEAK TO AN INSTRUCTOR OR AT RECEPTION IF YOU NEED FURTHER CLARIFICATION | |
| | 8.00 - 9.00 PM<br>*BJJ*<br>ADVANCED<br>TOM BUCKMASTER | | 8.00 - 9.00 PM<br>*NO GI*<br>ALL LEVELS<br>TOM BUCKMASTER | | 8.00 - 9.00 PM<br>*NO GI*<br>ALL LEVELS<br>ROBERTO ALMEIDA | | 8.00 - 9.00 PM<br>*NO GI*<br>ALL LEVELS<br>MIKEY PHAROAH | | 8.00 - 9.00 PM<br>*BJJ*<br>ADVANCED<br>TOM BUCKMASTER | | | | | |
| | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO |
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