



Ray Stevens Academy Online Schedule

<u>DAY</u>	<u>TIME</u>	<u>INSTRUCTOR</u>	<u>CLASS</u>
MONDAY	4.00 - 4.45pm	JUDO - KIDS	ED SEMPLE
	5.00 - 5.45pm	JUDO - ALL WELCOME	ED SEMPLE
	6.00 - 6.45pm	BJJ - KIDS & FAMILIES	TOM BUCKMASTER
	7.00 - 8.00pm	BJJ - TEENS & ADULTS	TOM BUCKMASTER
TUESDAY	11.30 - 12.30noon	CORE & CARDIO - ALL WELCOME	SILVIU NASTASA
	5.00 - 5.45pm	KICKBOXING - KIDS	CHASE MORTON
	6.00 - 7.00pm	KICKBOXING - TEENS & ADULTS	CHASE MORTON
WEDNESDAY	4.00 - 4.45pm	JUDO - KIDS & FAMILIES	ED SEMPLE
	5.00 - 5.45pm	JUDO - ALL WELCOME	ED SEMPLE
	6.00 - 6.45pm	BJJ - KIDS & FAMILIES	RICHARD KERRIGAN
	7.00 - 8.00pm	BJJ - TEENS & ADULTS	RICHARD KERRIGAN
THURSDAY	5.00 - 5.45pm	CORE & CARDIO - KIDS	SILVIU NASTASA
	6.00 - 7.00pm	CORE & CARDIO - TEENS & ADULTS	SILVIU NASTASA
FRIDAY	4.00 - 4.45pm	KICKBOXING - KIDS	CHASE MORTON
	5.00 - 6.00pm	KICKBOXING - TEENS & ADULTS	CHASE MORTON
	6.00 - 6.45pm	BJJ - KIDS & FAMILIES	TOM BUCKMASTER
	7.00 - 8.00pm	BJJ - TEENS & ADULTS	TOM BUCKMASTER
SATURDAY	9.00 - 9.45am	JUDO - KIDS	ED SEMPLE
	10.00 - 11.00am	JUDO - TEENS & ADULTS	ED SEMPLE
	11.30 - 12.30pm	SILVIU NASTASA	CORE & CARDIO - ALL WELCOME
SUNDAY	REST DAY - NO CLASSES		