



# 2023 GB O'FALLON / LSL SCHEDULE

MON

TUE

WED

THU

FRI

SAT

6:00 AM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

12:00 PM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

4:30 PM  
**GBK**  
LC 1  
4-6

4:30 PM  
**GBK**  
LC 2  
7-9

5:30 PM  
**GBK**  
LC 2  
7-9

5:30 PM  
**GBK**  
JUNIORS  
10-12

6:30 PM  
**GB3**  
ADULT /  
ADV. TEEN  
13-15  
+ up  
\*\*\*

6:30 PM  
**GB1**  
WOMEN'S  
13 + UP

7:30 PM  
**GB1**  
ADULT  
ALL LEVELS

6:00 AM  
**GB2**  
ADULT  
NO-GI  
ALL LEVELS

11AM-1 PM  
**GB2**  
ADULT COMP  
CLASS

4:30 PM  
**GBK**  
LC 1  
4-6

4:30 PM  
**GBK**  
LC 2  
7-9

5:30 PM  
**GBK**  
COMP  
SELECT  
TEAM  
\*\*\*

5:30 PM  
**GBK**  
JUNIORS  
10-12

5:30 PM  
**GBK**  
TEEN  
13-15

6:30 PM  
**GB1**  
ADULT  
ALL LEVELS

7:00 PM  
**GB2**  
ADULT/  
TEEN  
NO-GI

7:30PM  
**GB1**  
ADULT/TEEN  
KICKBOXING

6:00 AM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

12:00 PM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

4:30 PM  
**GBK**  
LC 1  
4-6

4:30 PM  
**GBK**  
LC 2  
7-9

5:30 PM  
**GBK**  
LC 2  
7-9

5:30 PM  
**GBK**  
JUNIORS  
10-12

6:30 PM  
**GB3**  
ADULT /  
ADV. TEEN  
13-15  
+ up  
\*\*\*

6:30 PM  
**GB1**  
WOMEN'S  
13 + UP

7:30 PM  
**GB1**  
ADULT  
ALL LEVELS

6:00 AM  
**GB2**  
ADULT  
NO-GI  
ALL LEVELS

11AM-1 PM  
**GB2**  
ADULT COMP  
CLASS

4:30 PM  
**GBK**  
LC 1  
4-6

4:30 PM  
**GBK**  
LC 2  
7-9

5:30 PM  
**GBK**  
COMP  
SELECT  
TEAM  
\*\*\*

5:30 PM  
**GBK**  
JUNIORS  
10-12

5:30 PM  
**GBK**  
TEEN  
13-15

6:30 PM  
**GB1**  
ADULT  
ALL LEVELS

7:00 PM  
**GB2**  
ADULT/  
TEEN  
NO-GI

7:30PM  
**GB1**  
ADULT/TEEN  
KICKBOXING

6:00 AM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

12:00 PM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

4:30 PM  
**GBK**  
NO-GI / MMA  
7-12

5:30 PM  
**GBK**  
KIDS  
SPARRING  
7-12

6:30 PM  
**GB2**  
ADULT /  
ADV. TEEN  
13-15  
LIVE TRAINING

6:30 PM  
**GB1**  
WOMEN'S  
13 + UP

10:00 AM  
**GBK**  
LC 1  
4-6

10:00 AM  
**GBK**  
LC 2  
7-9

11:00 AM  
**GBK**  
JUNIORS  
10-12

11:00 AM  
**GBK**  
TEEN  
13-15

11-1 PM  
WRESTLING  
& NO GI  
ADULT / TEEN  
13 + Up

12:00 PM  
**GB1**  
**GB2**  
ADULT  
ALL LEVELS

<b>GBK</b>	LC 1 (Little Champions 1) 4-6 Yrs Old
<b>GBK</b>	LC 2 (Little Champions 2) 7-9 Yrs Old
<b>GBK</b>	Juniors 10-12 Yrs Old
<b>GBK</b>	Teen 13-15 Yrs Old
<b>GB1</b>	Adults All Levels
<b>GB2</b>	Adults - White Belt 3 Stripes and Up
<b>GB3</b>	Adults - Blue Belt and Up
	Womens All Levels
	*** Requires instructor permission***