



# GB O'FALLON /LSL ADULT CLASS SCHEDULE

636-544-3655

MON

TUE

WED

THU

FRI

SAT

6:00 AM - 7:00 AM

**GB1**

ALL LEVELS

6:00 AM - 7:00 AM

**GB1**

NO GI  
ALL LEVELS

6:00 AM - 7:00 AM

**GB1**

ALL LEVELS

6:00 AM - 7:00 AM

**GB1**

NO GI  
ALL LEVELS

6:00 AM - 7:00 AM

**GB1**

ALL LEVELS

11:00 AM - 12:00 PM

**GB1**

COMPETITION CLASS

11:00 AM - 12:00 PM

**GB1**

COMPETITION CLASS

11:00 AM - 1:00 PM



SUBMISSION  
WRESTLING

12:00 PM - 1:00 PM

**GB1**

ALL LEVELS

12:00 PM - 1:00 PM

**GB1**

NO GI  
COMP TRAINING

12:00 PM - 1:00 PM

**GB1**

ALL LEVELS

12:00 PM - 1:00 PM

**GB1**

NO GI  
COMP TRAINING

12:00 PM - 1:00 PM

**GB1**

ALL LEVELS

12:00 PM - 1:00 PM

**GB1**

ALL LEVELS



6:30 PM - 7:30 PM

**GB F**

WOMEN ONLY

6:30 PM - 7:30 PM

**GB F**

WOMEN ONLY

6:30 PM - 7:30 PM

**GB F**

WOMEN ONLY

6:30 PM - 7:30 PM

**GB1**

ADULT BASICS

6:30 PM - 7:30 PM

**GB1**

NO GI  
ALL LEVELS

6:30 PM - 7:30 PM

**GB1**

ADULT BASICS

6:30 PM - 7:30 PM

**GB1**

NO GI  
ALL LEVELS

6:30 PM - 7:30 PM

**GB1**

OPEN MAT  
(MEMBERS ONLY)  
15 YRS & UP

6:30 PM - 8:30 PM

**GB2**

ADVANCED

6:30 PM - 7:30 PM

**GB1**

ADULT BASICS

6:30 PM - 8:30 PM

**GB2**

ADVANCED

6:30 PM - 7:30 PM

**GB1**

ADULT BASICS

7:30 PM - 8:30 PM



KICKBOXING  
ADULTS & TEENS

7:30 PM - 8:30 PM



KICKBOXING  
ADULTS & TEENS

7:30 PM - 8:30 PM

**GB1**

OPEN MAT  
(MEMBERS ONLY)  
13 YRS & UP

7:30 PM - 8:30 PM

**GB1**

OPEN MAT  
(MEMBERS ONLY)  
13 YRS & UP

**GB1** ADULTS - ALL LEVELS

**GB2** ADULTS - WHITE BELT 3 STRIPES & UP

**GB F** WOMENS - ALL LEVELS