

ADULT

GB O'FALLON / LSL CLASS SCHEDULE

MONDAY

6:00 AM - 7:00 AM

GB 1

ALL LEVELS

12:00 PM - 1:00 PM

GB 1

ALL LEVELS

1:00 PM - 1:30 PM

GB 2

LIVE TRAINING

6:30 PM - 7:30 PM

GB F

WOMEN ONLY

6:30 PM - 7:30 PM

GB 2

ADVANCED

7:30 PM - 8:30 PM

GB 2

LIVE TRAINING

7:30 PM - 8:30 PM

GB 1

FUNDAMENTALS

TUESDAY

6:00 AM - 7:00 AM

NO GI **GB 2**

ADVANCED

11:00 AM - 12:00 PM

GB 3

COMPETITION

12:00 PM - 1:00 PM

GB 3

LIVE TRAINING

6:30 PM - 7:30 PM

GB 1

ALL LEVELS

7:30 PM - 8:30 PM

NO GI **GB 2**

ADVANCED

7:30 PM - 8:30 PM

GB 2

LIVE TRAINING

WEDNESDAY

6:00 AM - 7:00 AM

GB 1

ALL LEVELS

12:00 PM - 1:00 PM

GB 1

ALL LEVELS

1:00 PM - 1:30 PM

GB 2

LIVE TRAINING

6:30 PM - 7:30 PM

GB F

WOMEN ONLY

6:30 PM - 7:30 PM

GB 2

ADVANCED

7:30 PM - 8:30 PM

GB 2

LIVE TRAINING

7:30 PM - 8:30 PM

GB 1

FUNDAMENTALS

THURSDAY

6:00 AM - 7:00 AM

NO GI **GB 2**

ADVANCED

11:00 AM - 12:00 PM

GB 3

COMPETITION

12:00 PM - 1:00 PM

GB 3

LIVE TRAINING

6:30 PM - 7:30 PM

GB 1

ALL LEVELS

7:30 PM - 8:30 PM

NO GI **GB 2**

ADVANCED

7:30 PM - 8:30 PM

GB 2

LIVE TRAINING

FRIDAY

6:00 AM - 7:00 AM

GB 1

ALL LEVELS

12:00 PM - 1:00 PM

GB 1

ALL LEVELS

1:00 PM - 1:30 PM

GB 2

LIVE TRAINING

6:30 PM - 7:30 PM

GB 1

OPEN MAT
(MEMBERS ONLY)
15 YRS & UP

SATURDAY

9:00 AM - 10:00 AM

GB 1

ALL LEVELS

10:00 AM - 12:00 PM



SUBMISSION
GRAPPLING
JIU JITSU

KEY

- GB 1** Adults - All Levels
- GB 2** Adults - White Belt 3 Stripes & Up
- GB 3** Adults - Blue Belt and Up
- GB F** Women Only

6278 RONALD REAGAN DRIVE - LAKE SAINT LOUIS, MO 63367

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