

GB KIDS O'FALLON / LSL SCHEDULE

MONDAY

11:00 AM - 12:00 PM



HOMESCHOOL

4:30 PM - 5:15 PM



LC 1

4:30 PM - 5:15 PM



LC 2

5:30 PM - 6:15 PM



LC 2

5:30 PM - 6:30 PM



JUNIORS

5:30 PM - 6:30 PM



KIDS KICKBOXING & MMA

TUESDAY

4:30 PM - 5:15 PM



LC 1

4:30 PM - 5:15 PM



LC 2

5:30 PM - 6:30 PM



JUNIORS

5:30 PM - 6:30 PM



TEENS

5:30 PM - 7:30 PM



COMPETITION CLASS

WEDNESDAY

11:00 AM - 12:00 PM



HOMESCHOOL

4:30 PM - 5:15 PM



LC 1

4:30 PM - 5:15 PM



LC 2

5:30 PM - 6:15 PM



LC 2

5:30 PM - 6:30 PM



JUNIORS

5:30 PM - 6:30 PM



KIDS KICKBOXING & MMA

THURSDAY

4:30 PM - 5:15 PM



LC 1

4:30 PM - 5:15 PM



LC 2

5:30 PM - 6:30 PM



JUNIORS

5:30 PM - 6:30 PM



TEENS

5:30 PM - 7:30 PM



COMPETITION CLASS

FRIDAY

11:00 AM - 12:00 PM



HOMESCHOOL

4:30 PM - 5:30 PM



KIDS KICKBOXING & MMA

5:30 PM - 6:30 PM



KIDS SPARRING

6:30 PM - 7:30 PM



OPEN MAT
MEMBERS ONLY
15 YRS & UP

SATURDAY

10:00 AM - 10:45 AM



LC 1

10:00 AM - 10:45 AM



LC 2

10:00 AM - 12:00 PM



SUBMISSION
GRAPPLING/JIU JITSU

11:00 AM - 12:00 PM



JUNIORS & TEENS

KEY



LC 1 4-6 YR OLD



LC 2 7-9 YR OLD



JR / TEENS 10-15 YR OLD



HOMESCHOOLERS 7-15 YR OLD



SUBMISSION WRESTLING 13 & UP



KIDS KICKBOXING 7-12 YR OLD

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