

# LÖGÖS SCHEDULE

## MONDAY

6:15AM - ALL LEVELS GI  
9:00AM - ALL LEVELS GI  
11:30AM - ALL LEVELS GI  
4:30PM - PRIVATES \* AVAILABLE UPON REQUEST  
5:30PM - INTRO AND FUNDAMENTALS GI  
6:30PM - ALL LEVELS GI AND NO GI

## TUESDAY

6:15AM - ALL LEVELS GI  
11:30AM - ALL LEVELS NO GI  
4:30PM - PRIVATES \* AVAILABLE UPON REQUEST  
5:30PM - INTRO AND FUNDAMENTALS NO GI  
6:30PM - ALL LEVELS GI AND NO GI

## WEDNESDAY

6:15AM - ALL LEVELS GI  
9:00AM - ALL LEVELS GI  
11:30AM - ALL LEVELS GI  
4:30PM - PRIVATES \* AVAILABLE UPON REQUEST  
5:30PM - INTRO AND FUNDAMENTALS GI  
6:30PM - ALL LEVELS GI AND NO GI

## THURSDAY

6:15AM - ALL LEVELS GI  
11:30AM - ALL LEVELS NO GI  
4:30PM - PRIVATES \* AVAILABLE UPON REQUEST  
5:30PM - INTRO AND FUNDAMENTALS NO GI  
6:30PM - ALL LEVELS GI AND NO GI

## FRIDAY

9:00AM - ALL LEVELS GI  
6:00PM - OPEN MAT

## SATURDAY

10:00AM - ALL LEVELS GI

## SUNDAY

10:00AM - ALL LEVELS NO GI  
10:00AM - WOMEN'S GI CLASS