

**SUDA INTERNATIONAL - JOLIET**  
**PROGRAM SCHEDULE**  
 Effective 5/1/17

SUDA INTERNATIONAL TRAINING CENTER						
CLASS	MON	TUE	WED	THU	FRI	SAT
<b>SUDA ITC BUSINESS HOURS</b>	5:00 – 8:00 PM	5:00 – 8:00 PM	9:30 – 10:30 AM 5:00 – 8:00 PM	5:00 – 8:00 PM	CLOSED	CLOSED
<b>YOUTH CLASSES (5-12)</b>						
SPIDERS KARATE (Gi)	5:00 – 6:00 PM		5:00 – 6:00 PM			
SPIDERS KICKBOXING	6:00 – 7:00 PM		6:00 – 7:00 PM			
SPIDERS BRAZILIAN JIU-JITSU (Gi)		6:00 – 7:00 PM		6:00 – 7:00 PM		
<b>TEEN/ADULT CLASSES (12+)</b>						
<b>MORNING STRIKING/KICKBOXING</b>			9:30 – 10:30 AM			
HBFIT LITE (Low Impact Workout Program)	5:15 – 5:45 PM		5:15 – 5:45 PM			
HBFIT (High Intensity Training Program)	6:00 – 7:00 PM		6:00 – 7:00 PM			
STRIKING/KICKBOXING		6:00 – 7:00 PM		6:00 – 7:00 PM		
TEEN/ADULT KARATE				7:00 – 8:00 PM		
SPARRING/ROLLING (Approval Required)		7:00 – 8:00 PM By Approval		7:00 – 8:00 PM By Approval		
BRAZILIAN JIU-JITSU (FUNDAMENTALS) (Beginner Jiu-Jitsu Students)	7:00 – 8:00 PM		7:00 – 8:00 PM			
BRAZILIAN JIU-JITSU (CORE) (Approval Required)						

117 REPUBLIC AVENUE | JOLIET, IL 60435 | 815.641.5494 | [WWW.SUDAITC.COM](http://WWW.SUDAITC.COM)